This is a digital copy of a book that was preserved for generations on library shelves before it was carefully scanned by Google as part of a project to make the world's books discoverable online.

It has survived long enough for the copyright to expire and the book to enter the public domain. A public domain book is one that was never subject to copyright or whose legal copyright term has expired. Whether a book is in the public domain may vary country to country. Public domain books are our gateways to the past, representing a wealth of history, culture and knowledge that's often difficult to discover.

Marks, notations and other marginalia present in the original volume will appear in this file - a reminder of this book's long journey from the publisher to a library and finally to you.

Usage guidelines

Google is proud to partner with libraries to digitize public domain materials and make them widely accessible. Public domain books belong to the public and we are merely their custodians. Nevertheless, this work is expensive, so in order to keep providing this resource, we have taken steps to prevent abuse by commercial parties, including placing technical restrictions on automated querying.

We also ask that you:

+ *Make non-commercial use of the files* We designed Google Book Search for use by individuals, and we request that you use these files for personal, non-commercial purposes.

+ *Refrain from automated querying* Do not send automated queries of any sort to Google's system: If you are conducting research on machine translation, optical character recognition or other areas where access to a large amount of text is helpful, please contact us. We encourage the use of public domain materials for these purposes and may be able to help.

+ *Maintain attribution* The Google "watermark" you see on each file is essential for informing people about this project and helping them find additional materials through Google Book Search. Please do not remove it.

+ *Keep it legal* Whatever your use, remember that you are responsible for ensuring that what you are doing is legal. Do not assume that just because we believe a book is in the public domain for users in the United States, that the work is also in the public domain for users in other countries. Whether a book is still in copyright varies from country to country, and we can't offer guidance on whether any specific use of any specific book is allowed. Please do not assume that a book's appearance in Google Book Search means it can be used in any manner anywhere in the world. Copyright infringement liability can be quite severe.

About Google Book Search

Google's mission is to organize the world's information and to make it universally accessible and useful. Google Book Search helps readers discover the world's books while helping authors and publishers reach new audiences. You can search through the full text of this book on the web at `http://books.google.com/`

GV481
.F53

GV481 .F53
Calisthenic dictionary; a glossary
Gutman Library AOW2488
3 2044 028 816 478

Fish - Calisthenic Dictionary - 1902.

HARVARD UNIVERSITY

LIBRARY OF THE

GRADUATE SCHOOL
OF EDUCATION

Calisthenic Dictionary

ARTHUR JOHNSON
& COMPANY

Manufacturers, Importers and
Dealers in

HIGH CLASS

Athletic Supplies

We make specialty of the class of PHYSICAL
DIRECTORS in Y. M. C. A. Colleges and
Clubs [illegible] and [illegible] be especially
[illegible] to write for our
Catalogue and obtain special Dis-
[illegible] prices on goods be-
[illegible] sale.

GOLF, BASE BALL, FOOT BALL, LAWN
HOCKEY, ICE HOCKEY, CRICKET BALL,
FENCING, LACROSSE, GYMNASIUM
OUTFITS AND TRACK SUPPLIES

55 West 42d Street
NEW YORK

CALISTHENIC DICTIONARY

A Glossary of Calisthenic Terms Used in American Gymnasia

A. L. FISH, '98,

Fellow '99-01, Calisthenics,
International Young Men's Christian Association Training School,
Springfield, Mass.

The Seminar Publishing Company
Springfield, Mass.
1902.

GV181
.F53

HARVARD UNIVERSITY
GRADUATE SCHOOL OF EDUCATION
MONROE C. GUTMAN LIBRARY

May 11, 1925

Copyright, 1908,
by
The Seminar Publishing Company.

Gift.

FEB 19 1910

CONTENTS.

PAGE

Introduction 5
General Plan 7
Abbreviations 11
A Calisthenic Lesson.
Method 12
Aim 13
Arrangement 13
Arm
Flexion 21
Backward Extension 23
Abduction 23
Circling 25
Note on Arm Movements 25
Fingers 36
Foot.
Flexion 45
Extension 45
Balance Positions 53
Charges 50
Jumps 57
Lunges 53
Runs, Stationary 58
Toe Touches 47
Forearm.
Flexion 27
Note on Forearm Movements 29
Head.
Forward Bending 18
Backward Bending 18
Sideward Bending 19
Rotation 19
Circumduction 19
Projection 18
Retraction 19
Leg.
Flexion 44
Thigh.
Flexion 37
Extension 38
Abduction 38
Adduction 39
Circumduction 40
Rotation. Note 40
Diagram of Directions in Charges, Etc 41
Walk Standing Positions 41

AUG 4 1902

Trunk. PAGE
Forward Bending 15
Backward Bending..... 16
Sideward Bending..... 17
Rotation..... 17
Circumduction 17
Wrist.
Flexion and Extension..... 35
Abduction and Adduction..... 35
Circumduction..... 35
Note on Wrist Movements..... 35
Positions on the Floor.
Squat Rest..... 58
Leaning Rest..... 59
Lying 60
Combinations.
Trunk and Head..... 20
Arm and Forearm..... 30
Arm, Forearm and Hand..... 36
Thigh and Leg..... 45
Trunk, Arms and Thighs..... 60

WANDS.

Horizontal Positions..... 62
Vertical Positions..... 66
Half Vertical Positions..... 69

INDIAN CLUBS.

Abbreviations..... 72
Large Pendulums..... 72
Levels..... 73
Circles, Heart..... 74
Circles, Large..... 74
Combinations.
Pendulums and Circles..... 74
Pendulums and Heart Circles..... 75
Circles, Large and Small..... 75
Pendulums and Small Circles..... 75
Pendulums and Levels..... 77
Summary..... 78
Bibliography..... 79

INTRODUCTION.

To one who has occupied the position of Physical Director in any of our schools, Athletic Clubs or Associations, and has attempted to converse by letter with a distant friend concerning his work, it is evident that, although there are almost a score of names for every gymnastic exercise, yet he is unable, with our present nomenclature, to make himself understood in describing his simplest drill. A nomenclature familiar to all would be of great service to directors, if by its use they could in a few words give to their assistants and class leaders a series of exercises which they wished them to lead. It is very necessary that we have a good calisthenic nomenclature, especially in giving corrective work, when the leader must be around among the class and leads by command. A study of the field, especially among the more prominent directors, shows that little or no time is given to this part of the work.

It may seem to some that to add anything to our present nomenclature would only be adding useless terms to an already over-abundant supply, but that is not the intention of this work. We have, it is true, a fairly good nomenclature for our apparatus work; the calisthenic part will allow additions. It is our aim now to collect and arrange, in logical form, a large amount of free calisthenic exercises. I have not, it is clear, attempted to write out and name all the possible exercises; but, following this method of nomenclature, each exercise will, as it were, name itself and be perfectly clear to anyone who knows a few gymnastic and anatomical terms. In keeping with the first principle of this work, I have placed the accepted terms from other systems side by side as synonyms.

The preparation of this work, let me say, is not

the result of idle thoughts at leisure moments, but of faithful and continuous study. A large amount of gymnastic literature has been reviewed, the best of which I have given in the bibliography. The books which have been of greatest value are: "Gymnastic Nomenclature" by Dr. Anderson, "Gymnastic Nomenclature of the Young Men's Christian Association of North America" and "Progressive Gymnastic Day's Order" by Claës J. Enebuske, "Special Kinesiology of Educational Gymnastics" by Baron Nils Posse, and "Physical Culture" by Carl Betz. In addition to the literature studied, prominent leaders in our Association work have been consulted.

In preparing this work I wish to acknowledge the help of Dr. J. H. McCurdy, and thank him for his continual counsel and instruction. Should this prove to be of any service to the directors in the field, and reach any degree of success, it will be largely due to him. I wish also to express my thanks and appreciation to Dr. William Skarstrom, Messrs. Lory, Prentiss, and F. Young, for their helpful suggestions. Thanks are also due to Mr. C. T. Booth and Mr. J. E. Downey for their help and cooperation. I also wish to thank all who have in any way assisted me in this apparently simple, but difficult task.

A. L. F.

GENERAL PLAN.

The important elementary positions are named.

In giving commands, anatomical terms are used as far as possible.

One command produces one position. If two or more movements are to be done in "succession," the commands should be separated by "and," or give the number of counts; otherwise the movements should be executed simultaneously.

In giving commands for the execution of any movement, only the commands are given which will take one to the desired position; the return to the original position is executed without command and in reverse order from that by which the position was reached, unless otherwise directed by the leader.

If it be desired that the movements be done slowly, as in corrective work, the command "Slow time or rhythm" should be given. The additional time is consumed, not in taking the position, but in retaining it.

Unilateral exercises are those which require the movement of the members of one side of the body only.

Bilateral exercises are those in which the members of both sides of the body do the same movement simultaneously.

Dissimilar exercises are those which require the use of both sides of the body, but the movements produced are not alike. The movements may be done simultaneously or in succession.

If it is desired to hold a certain position while doing a series of exercises, the executory command should be "Place" or "Position."

Thrusts or stretching are always executed from the "bend stand" position.

Flexions are divided into quarter, half, three-

quarter, and full or complete flexions. Extensions, abductions, and adductions are similarly divided.

"Calisthenics comprise all exercises with movable hand apparatus and all exercises without apparatus, except 'class evolutions,' as marching, etc."

Free calisthenics is applied especially to exercises with no apparatus of any kind.

The body is divided for convenience as follows:—

"(a) Trunk.

"(b) Head.

"(c) Upper limbs."

(c-1) Arm (without qualification, whole arm; example, arm flexion).

"(c-2) Arm (shoulder to elbow).

"(c-3) Forearm (elbow to wrist).

"(c-4) Hand (wrist to fingers).

"(c-5) Fingers.

"(d) Lower limbs."

(d-1) Thigh (without qualification, whole leg; example, thigh flexion).

"(d-2) Thigh (hip to knee).

"(d-3) Leg (knee to ankle).

"(d-4) Foot."

Wrist flexions produce movement at the wrist joint only.

Hand flexions produce movement at the wrist and finger joints.

"Axes and Planes. Three axes and three planes are considered.

"(a) The Vertical Axis corresponds to the spinal column in whatever position.

"(b) The Horizontal Axis corresponds with, or is parallel to, a line drawn through the shoulder at right angles to the vertical axis.

"(c) The Antero-Posterior Axis corresponds with, or is parallel to, a line drawn from front to back at right angles to the vertical and horizontal axes.

"(d) The Lateral Plane contains the vertical and horizontal axes.

"(e) The Antero-Posterior Plane contains the vertical and antero-posterior axes.

"(f) The Horizontal Plane contains the antero-posterior and horizontal axes."

Circles are named with reference to the motion of the hands of a clock; those executed in a direction with the moving hands in the lateral and horizontal planes are right circles, and those against the motion of the hands are left circles. In the antero-posterior plane the circles are called "front" circles and "back" circles, "front" circles corresponding to right circles and "back" circles corresponding to left circles.

In naming circles the clock should be imagined, in the lateral plane, as being in front of and facing one, in the horizontal plane as lying on the floor face up, and in the antero-posterior plane as hanging at the left side, facing to the right.

"Abduction is a movement away from the median line of the antero-posterior plane; or, in case of the fingers, away from the median line of the hand.

"Adduction is a movement towards or across the median line of the antero-posterior plane.

"Circumduction is a movement in which the tip of the member describes a circle; the member itself up to the center of the motion describes a cone. The term circle is used interchangeably with circumduction in movements of the limbs.

"Rotation is the turning of the body, or any part of it, upon its own axis. Synonym: torsion, twisting.

"Flexion is a bending of one of the extremities in the direction in which the moving parts can be most closely approximated.

"Bend is used when the limb is the center of motion and the trunk moves.

"Extension is the reverse of flexion."

In many cases the name of the position may serve as the command for taking such position.

"Position of attention:

"Heels in the same line and as near each other as the conformation of the man permits.

"Feet turned out equally and forming with each other an angle of about sixty degrees.

"Knees straight and without stiffness.

"Body erect on the hips, inclined a little forward; shoulders square and falling equally.

"Arms and hands hanging naturally, back of the hands outward; the little fingers opposite the seam of the trousers; elbows near the body.

"Head erect and square to the front; chin slightly drawn in, without constraint; eyes straight to the front."

The fundamental positions are: standing position, sitting position, and lying position. Some systems include with these the hanging position, but as it requires some apparatus I have given it no special thought in preparing this work, although many of the exercises can be done while in that position. Understanding that the exercises given can be done, almost without an exception, in any of the three fundamental positions, I leave the leader to insert, as he chooses, the words *standing*, *sitting*, and *lying*.

In the arrangement of the exercises I have attempted to give, first, Name of Position; second, Movement; third, Command; fourth, Description of Exercise. The command is separated into two divisions, (a) and (b); (a) is used when the movement is executed to count or serially; (b) is used when each movement is executed at word of command; (c), (d), etc., are additional commands. The command, "Position," brings one from whatever position he has assumed directly back to the starting position of the series. The command, "Attention," brings class to fundamental standing position by the shortest course.

In preparing this work there is no attempt to introduce new positions; the object is to give a logical classification of "Free Calisthenics" in simple

and descriptive terms. The wand positions have been named and arranged by J. H. McCurdy, M. D., and the Indian club work is by F. N. Seerley, M. D., and A. T. Halsted, M. D.

ABBREVIATIONS USED.

abd.	abducting.	l.	left.
add.	adducting.	pos.	position.
backw.	backward.	r.	right.
circ.	circumducting.	rot.	rotating.
ext.	extending.	std.	stride.
flex.	flexing.	sidew.	sideward.
forw.	forward.	st.	standing.
hor.	horizontal.		

METHOD, AIM, AND ARRANGEMENT OF A CALISTHENIC LESSON.

J. H. McCurdy, M. D.

Method.

The method of teaching a calisthenic lesson varies with the result desired. If the conditions require a large amount of the hygienic element the method employed by the teacher is "imitation," as in this way he can not only more readily teach new work, but exercises which are somewhat familiar may more rapidly follow each other.

If the emphasis is to be placed on the corrective or educational side of the lesson, the word of command is used more extensively. This method allows the teacher to move about among the class correcting their faults. Sometimes a combination of the two is advisable, when, for example, the class is unfamiliar with the work the teacher may employ one of his leaders to set the work while he directs the other members of the leader's corps in correcting the faults of the class. The instructor may stop the class in any position desired, thus giving opportunity for the correction of faults. Many teachers in voluntary gymnasia are forced to employ this method in their corrective work very largely. At the beginning an exercise is more correctly and easily taught by imitation. The eye interprets movements more readily than the ear; this is in part due to the inadequate description of the exercise given in the command, or to the pupil's inaccurate knowledge of the terms employed.

The word of command may be profitably used in elemental movements, for example, corrective exercises where the descriptive commands are explicit and easily understood, or when the teacher wishes

to emphasize the educational effect. Teaching by word of command, except in corrective work where the mental concept is easily grasped because of its extreme simplicity, requires greater attention and more neural expenditure than does the same work taught by imitation. If the same pupils meet, for example, five times per week, the word of command may still be used with slow progression, without undue increase of neural expenditure. The conditions in a voluntary class, whose membership is continually changing, preclude any extended use of the word of command. Under these conditions better results are secured by taking advantage of the exhilaration which occurs in the use of hygienic work taught by imitation. Corrective work may be profitably introduced into such a day's calisthenic lesson by imitation, or, as indicated above, by command, with the elementary exercises.

Aim.

The aim in a day's calisthenic lesson should be to improve the health and bodily education of the pupil. This includes increase in strength, grace, skill, physical judgment, and endurance. Organic vigor should always be prominently before the teacher as his goal.

Arrangement.

The arrangement of the day's calisthenic lesson should be as follows:—

1. *Attentive Exercises.*

These are introductory exercises of a very general character, intended to secure the attention and interest of the pupils. Marching forms an important class in this group.

2. *Corrective Exercises.*

This group includes those exercises best adapted to straighten the spine, raise the ribs, increase their mobility, and hang the shoulder girdle and arms

from the spine rather than on the ribs. Arm flexions, shoulder-blade movements, head and trunk bendings, afford examples of this group.

3. *General Exercises: Strength, Skill, Speed, Endurance.*

This portion of the calisthenic lesson as a rule contains a large bulk of the day's work. Many of the movements use simultaneously the arms, trunk, and legs. The energy expended is in excess of any other section of a day's order. The amount, of course, varies with the strength of the class. It is proportionately large if the day's lesson contains only calisthenics. If, however, the lesson includes games, athletics, or heavy apparatus exercises, the amount of work in this section is reduced and the character of the exercises arranged to prepare for and supplement the deficiencies of the work which is to follow.

4. *Corrective and Respiratory Exercises.*

This group gradually decreases the amount of work given in the preceding group, returning to the second group with the addition of slow leg movements. Their purpose is to aid in the gradual return of respiration and circulation to the normal. Abrupt changes in the amount of the work given should be avoided in passing from one group to another.

NOTE. For day's orders which include heavy apparatus exercises, athletics and games, see "Notes on Physical Department of the Work of the Young Men's Christian Association," by J. H. McCurdy, printed by the International Committee of the Young Men's Christian Association, 3 West Twenty-Ninth street, New York City.

TRUNK.

1.

1. POSITION. Trunk one-quarter forw. bending pos. (Stoop st. pos.)[1] (Prone st. pos.)[2]

2. MOVEMENT. (a) Trunk one-quarter forw. bending. (b) Forw. bending of trunk.

3. COMMAND. (a) Trunk one-quarter forw. bending—Start. (b) Trunk one-quarter forw.-bend! Upward-raise! (c) Trunk forw.-bend! Raise!

4. DESCRIPTION OF EXERCISE. From fundamental position the trunk is bent forward as far as possible, bending only at hip-joints; relative position of head and shoulders unchanged; knees straight.

2.

1. POSITION. Trunk half forw. bending pos. (Prone pos.)[3]

2. MOVEMENT. Trunk half forw. bending.

3. COMMAND. (a) Trunk half forw. bending—Start. (b) Trunk half forw.-bend! Upward-raise!

4. DESCRIPTION OF EXERCISE. From fundamental position the trunk is inclined forward as far as possible, bending at hip-joints and lumbar spine only; the relative position of head and shoulders unchanged; knees straight.

3.

1. POSITION. Trunk forw. bending pos. (Slack stoop st. pos.) (Stoop pos.)[4, 5]

2. MOVEMENT. Trunk forw. bending.

(1) Posse, "Special Kinesiology of Educational Gymnastics." 1894. P. 90.
(2) Enebuske, "Progressive Gymnastic Day's Orders." 1894. P. 5.
(3) Anderson, "Gymnastic Nomenclature," p. 16.
(4) Enebuske, "Progressive Gymnastic Day's Orders." 1894. P. 5.
(5) Anderson, "Gymnastic Nomenclature," p. 16.

3. COMMAND. (a) Trunk forw. bending—Start. (b) Trunk forw.-bend! Upward-raise!

4. DESCRIPTION OF EXERCISE. From fundamental position the trunk is bent forward and downward as far as possible, flexing at hip-joints and entire spine; knees may be slightly bent if desired.

4.

1. POSITION. Trunk half backw. bending pos. (Arch pos.)[1]

2. MOVEMENT. Trunk half backw. bending.

3. COMMAND. (a) Trunk half backw. bending—Start. (b) Trunk half backw.-bend! Upward-raise!

4. DESCRIPTION OF EXERCISE. The trunk is bent backwards as far as possible, extending the cervical and upper-dorsal spine only. Avoid extension of the head on the atlas.

5.

1. POSITION. Trunk backw. bending pos. (Arch st. pos.)[2] (Bow pos.)[3] (Bow st. pos.)[4] (with arms flexed, Arch st. pos.)[5]

2. MOVEMENT. (a) Trunk backw. bending. (b) Backw. bending of trunk.

3. COMMAND. (a) Trunk backw. bending—Start. (b) Trunk backw.-bend! Upward-raise! or Stretch!

4. DESCRIPTION OF EXERCISE. The trunk is inclined backwards as far as possible. Extension should commence in the cervical spine and continue throughout the entire spine and hip-joint. Avoid extension of the head on the atlas, and flexion at the knees.

(1) Anderson, "Gymnastic Nomenclature," p. 17.
(2) Posse, "Special Kinesiology of Educational Gymnastics." 1894. Pp. 85-90.
(3) Anderson, "Gymnastic Nomenclature," p. 16.
(4) Enebuske, "Progressive Gymnastic Day's Orders." 1894. P. 5.
(5) Enebuske, "Progressive Gymnastic Day's Orders." 1894. P. 6.

6.

1. POSITION. Trunk sidew. bending pos. (Right (left) Bow.)[1]

2. MOVEMENT. (a) Trunk sidew. bending. (b) Side bending of trunk.

3. COMMAND. (a) Trunk sidew. bending, l. (r.) —Start. (b) Trunk to l. (r.)-bend! Upward-raise!

4. DESCRIPTION OF EXERCISE. The trunk is bent to the side as far as possible; the head and shoulders retain the same relative position and the same plane as in the fundamental position; avoid raising the heels from the floor, and rotation and movement of the hips.

7.

1. POSITION. Trunk rotating pos. (Twist st. pos.)[2] (Turn pos.)[3]

2. MOVEMENT. Trunk rotating or twisting.

3. COMMAND. (a) Trunk twisting (rot.) l. (r.)— Start. (b) Trunk to l. (r)-twist! Forward-twist!

4. DESCRIPTION OF EXERCISE. The body is twisted or turned to the side as far as possible; rotation should occur only in the dorsal spine.

8.

1. POSITION.

2. MOVEMENT. Trunk circumducting.

3. COMMAND. (a) Trunk circumducting l. (r.)— Start. (b) Trunk to l. (r.)-circumduct! Po-sition!

4. DESCRIPTION OF EXERCISE. With the hips as the center, the head describes a circle with as large a circumference as possible; rotation should be eliminated as far as possible. Circumduction may be started by forward, sideward, or backward bending of trunk.

(1) Anderson, " Gymnastic Nomenclature," p. 16.
(2) Enebuske, "Progressive Gymnastic Day's Orders." 1894. P. 5.
(3) Posse, "Special Kinesiology of Educational Gymnastics." '94. P. 192.

HEAD.

1.

1. POSITION. Head forw. bending pos. (St. head forw. flex.)[1] (Head forw. bend st. pos.)[2]

2. MOVEMENT. Head forw. bending.

3. COMMAND. (a) Head forw. bending—Start. (b) Head forw.-bend! Upward-raise or stretch!

4. DESCRIPTION OF EXERCISE. The head is bent forward as far as possible; flexion beginning at the atlas and continuing throughout the cervical spine.

2.

1. POSITION. Head backw. bending pos. (St. backw.-bending of head.)[3] (St. head backw. flex.)[4] (Head backw. bend st. pos.)[5]

2. MOVEMENT. Head backw. bending.

3. COMMAND. (a) Head backw. bending—Start. (b) Head backw.-bend! Upward-raise or stretch!

4. DESCRIPTION OF EXERCISE. In the backward bending of the head the movement begins in the cervical spine and is continued by extension of the head on the atlas. Avoid lumbar extension.

3.

1. POSITION. Head projecting pos.

2. MOVEMENT. Head projecting.

3. COMMAND. (a) Head projecting—Start. (b) Head-project! Head backw.-raise!

4. DESCRIPTION OF EXERCISE. In this exercise the cervical spine is flexed as far as possible and at the same time the head is extended on the atlas. This exercise should be done only in connection with head retraction.

(1) Posse, "Special Kinesiology of Educational Gymnastics." '94. P. 53.
(2) Skarstrom.
(3) Enebuske, "Progressive Gymnastic Day's Orders. 1894. P. 4, cut.
(4) Posse, "Special Kinesiology of Educational Gymnastics." '94. P. 53.
(5) Skarstrom.

4.

1. Position. Head retracting pos.

2. Movement. Head retracting.

3. Command. (a) Head retracting—Start. (b) Head-retract! Forward-raise!

4. Description of Exercise. The cervical spine is fully extended and at the same time the head is flexed on the atlas sufficient to keep the head in the same plane as in the fundamental position.

5.

1. Position. Head sidew. bending pos. (St. head sidew. flex.)[1] (Head sidew. bend st. pos.)[2]

2. Movement. (a) Head sidew. bending. (b) Side bending of head, or head bending sideways.

3. Command. (a) Head sidew. bending l. (r.)—Start. (b) Head to the l. (r.)-bend! Upward-raise!

4. Description of Exercise. The head is bent or flexed to the side without change in the position of the rest of the body. Avoid rotation of the head.

6.

1. Position. Head rotating pos. (Head twist st. pos.)[3]

2. Movement. Head rotating or twisting.

3. Command. (a) Head rotating l. (r.)—Start. (b) Head to the l. (r.)-twist! Turn! Forward-twist!

4. Description of Exercise. Without bending the head or changing the position of the body, the head and cervical spine are turned to the left or right as far as possible.

7.

1. Position.

2. Movement. Head circumducting.

(1) Posse, "Special Kinesiology of Educational Gymnastics." '94. P. 54.
(2) Skarstrom.
(3) Skarstrom.

3. COMMAND. (a) Head circ. l. (r.)—Start. (b) Head to the l. (r.)-circumduct! Po-sition!

4. DESCRIPTION OF EXERCISE. With the base of the neck as the center, the top of the head describes a circle with as large a circumference as possible; the tendency to twist the head during the exercise should be overcome; the circumduction may start with a forward, sideward, or backward bending of the head.

TRUNK AND HEAD.

SAMPLE COMBINATIONS.

1.

1. POSITION.

2. MOVEMENT. (a) Trunk one-quarter forw. bending, head sidew. bending. (b) Prone st. side bending of head.

3. COMMAND. (a) Trunk one-quarter forw. bending, head sidew. bending l. (r.)—Start. (b) Trunk one-quarter forw.-bend! Head to the l. (r.)-bend! Head upward-raise! Trunk-raise! Po-sition!

4. DESCRIPTION OF EXERCISE. In command (a) both movements are executed at the same time; in (b) each movement is executed at word of command. The exercises are described on page 15, No. 1, and page 19, No. 5.

2.

1. POSITION.

2. MOVEMENT. (a) Trunk sidew. bending, head rotating. (b) Side bow st. head twisting.

3. COMMAND. (a) Trunk sidew. bending, head rot. l. (r.)—Start. (b) Trunk to the l. (r.)-bend! Head to the r. (l.)-turn! Head forw.-turn or twist, etc.! Po-sition!

4. DESCRIPTION OF EXERCISE. The movement is executed the same as No. 1; the description of the

simple exercises are found on page 17, No. 6, and page 19, No. 6.

3.

1. POSITION.

2. MOVEMENT. Trunk rotating, head rotating.

3. COMMAND. (a) Trunk rot., head rot. l. (r.)—Start. (b) Trunk to l. (r.)-twist! Head to l. (r.)-twist! Head forw.-twist! Trunk forw.-twist! Po-sition!

4. DESCRIPTION OF EXERCISE. In command (a) the body and head movements are executed at the same time; in (b) the movements are executed at word of command. The description of the single exercises are found on page 17, No. 7, and page 19, No. 6.

4.

1. POSITION.

2. MOVEMENT. Trunk backw. bending, head rotating.

3. COMMAND. (a) Trunk backw. bending, head rot. l. (r.)—Start. (b) Trunk backw.-bend! Head to the l. (r.)-twist! Po-sition!

4. DESCRIPTION OF EXERCISE. The movements are executed the same as in 1, 2, and 3; description of the simple exercises are found on page 16, No. 5, and page 19, No. 6.

ARMS. (*NOTE.)

1.

1. POSITION. Arm one-quarter flexing pos.

2. MOVEMENT. Arm one-quarter flexing.

3. COMMAND. (a) Arms one-quarter flexing—Start. (b) Arms one-quarter flex! Arms extend! (c) Arms one-quarter forw.-raise! Arms-sink!

4. DESCRIPTION OF EXERCISE. From fundamental position the arms are raised forw. and upward

forty-five degrees; palms in; shoulders remain as in the fundamental pos.

2.

1. POSITION. Arm half flexing pos. (Arm front horizontal pos.) (Reach st. pos.)[1]

2. MOVEMENT. (a) Arm half flexing. (b) Arm raising forw.

3. COMMAND. (a) Arms half flexing—Start. (b) Arms half-flex! Arms-extend! (c) Arms half-forw.-raise! Arms-sink! (d) Arms forw.-raise! Sink!

4. DESCRIPTION OF EXERCISE. Both arms are quickly raised forw. ninety degrees to the front horizontal; palms in and width of the shoulders apart; the rest of the body remains as in fundamental pos. If the position is taken from the "bend st. pos.," the command is, "Arms forw.-thrust!"

3.

1. POSITION. Arm three-quarters flexing pos.

2. MOVEMENT. Arm three-quarters flexing.

3. COMMAND. (a) Arms three-quarters flexing—Start. (b) Arms three-quarters-flex! Arm-extend! (c) Arms three-quarters forw.-raise! Arm-sink!

4. DESCRIPTION OF EXERCISE. Without change in the pos. of the rest of the body, the arms are quickly raised forw. and upward one hundred and thirty-five degrees; palms in; arms parallel.

4.

1. POSITION. Arm flexing pos. (Arm vertical pos.) (Stretch st. pos.)[2]

2. MOVEMENT. (a) Arm flexing. (b) Arm raising forw.-upward.

(1) Posse, "Special Kinesiology of Educational Gymnastics." '94. P. 111.
Enebuske, "Progressive Gymnastic Day's Orders." 1894. P. 4.
Anderson, "Gymnastic Nomenclature," p. 18.

(2) Posse, "Special Kinesiology of Educational Gymnastics." '94. P. 111.
Anderson, "Gymnastic Nomenclature," p. 17.
Enebuske, "Progressive Gymnastic Day's Orders." 1894. P. 4.

3. COMMAND. (a) Arms flexing—Start. (b) Arms-flex! Arms-extend! (c) Arms forw.-raise! Arms-sink! (d) Arms forw.-upward-raise! Sink!

4. DESCRIPTION OF EXERCISE. Without change in the pos. of the body the arms are quickly raised forward and upward to the vertical pos.; palms in; hands width of the shoulders apart.

5.

1. POSITION. Arm backw. ext. pos. (Backw. reach st. pos.)[1]

2. MOVEMENT. (a) Arm backw. extending. (b) Arm stretching (extension) backw.

3. COMMAND. (a) Arms backw. ext.—Start. (b) Arms backw.-extend! Po-sition! (c) Arms backw.-raise! Arms-sink!

4. DESCRIPTION OF EXERCISE. From fundamental pos. the arms are extended directly backw. as far as possible and at the same time the shoulders are carried well back without raising them; palms in.

6.

1. POSITION. Arm one-quarter abd. pos.

2. MOVEMENT. Arm one-quarter abd.

3. COMMAND. (a) Arms one-quarter abd.—Start. (b) Arms one-quarter-abduct! Arms-sink! (c) Arms one-quarter sidew.-raise! Arms-sink!

4. DESCRIPTION OF EXERCISE. The arms are raised quickly sideward and upward forty-five degrees; palms down; position of body remains unchanged.

7.

1. POSITION. Arm half abd. pos. (Arm side horizontal pos.) (Cross pos.)[2] (Yard c. st. pos.)[3] (Cross c. st. pos.)[4]

(1) Posse, "Special Kinesiology of Educational Gymnastics." '94. P. 152.
(2) Anderson, "Gymnastic Nomenclature," p. 17.
(3) Posse, "Special Kinesiology of Educational Gymnastics." '94. P. 112.
(4) Enebuske, "Progressive Gymnastic Day's Orders." 1894. P. 112.

2. MOVEMENT. (a) Arm half abd. (b) Arm raising (flinging or stretching sideways).

3. COMMAND. (a) Arms half abd.—Start. (b) Arms half-abduct! Arms-adduct! (c) Arms half sidew.-raise! Arms-sink! (d) Arms sideways-raise!

4. DESCRIPTION OF EXERCISE. Without change in position of the rest of the body the arms are quickly raised sideward and upward ninety degrees to the side horizontal position; arms fully extended and carried well back; palms down.

8.

1. POSITION. Arms three-quarters abd. pos. (Letter Y.)[1] Star pos.

2. MOVEMENT. Arms three-quarters abd.

3. COMMAND. (a) Arms three-quarters abd.—Start. (b) Arms three-quarters-abduct! Arms adduct! (c) Arms three-quarters sidew.-raise! Arms-sink! (d) To star pos. arms-stretch! Sink!

4. DESCRIPTION OF EXERCISE. The same general description as in No. 7, except that the arms are raised one hundred and thirty-five degrees; arms should be held well back.

9.

1. POSITION. Arm abd. pos. (Arm vertical pos.) (Stretch st. pos.)[2]

2. MOVEMENT. (a) Arms abd. (b) Arm raising sideways-upward or stretching upward.

3. COMMAND. (a) Arms abd.—Start. (b) Arms-abduct! Arms-adduct! (c) Arms sideways-upward—raise or stretch!

4. DESCRIPTION OF EXERCISE. The arms are quickly raised through the side one hundred and eighty degrees to the vertical; arms perfectly straight and carried back as far as possible without

(1) Anderson, "Gymnastic Nomenclature," p. 18.
(2) Posse, "Special Kinesiology of Educational Gymnastics." '94. P. 11. Enebuske, "Progressive Gymnastic Day's Orders." 1894. P. 4. Anderson, "Gymnastic Nomenclature," p. 17.

changing the position of the body; avoid lumbar extension; palms in.

*NOTE. Arm flexions in Swedish gymnastics.

Arm fling—rapid movement.

Arm raise—slow.

Arms stretch (raising inflection and short)—quick motion.

10.

1. POSITION.

2. MOVEMENT. Arms circling left.

3. COMMAND. (a) Arms large circles left—Start. (b) Arms to the left-circle! Po-sition!

4. DESCRIPTION OF EXERCISE. From the fundamental position the arms describe 1. circle in the lateral plane; the tips of the fingers making as large a circle as possible; the body kept motionless without appearing stiff.

11.

1. POSITION.

2. MOVEMENT. Arms circling right.

3. COMMAND. (a) Arms large circles (r)—Start. (b) Arms to the right-circle! Po-sition!

4. DESCRIPTION OF EXERCISE. The exercise is executed the same as No. 10, except that the arms describe a right circle.

12.

1. POSITION.

2. MOVEMENT. Arms circling "in."

3. COMMAND. (a) Arms large circles in—Start.

4. DESCRIPTION OF EXERCISE. At the executory command the pupil does a right circle with the left arm, and a left circle with the right arm, the arms meeting and crossing over the head; the tips of the fingers describe as large a circle as possible; the circles are in the lateral plane; the trunk retains the erect position and should be kept as motionless as possible.

13.

1. POSITION.
2. MOVEMENT. Arms circling "out."
3. COMMAND. (a) Arms large circles out—Start.
4. DESCRIPTION OF EXERCISE. The same general description as in No. 12, only the arms meet and cross in front of the hips, the right arm describing a right circle and the left arm a left circle.

14.

1. POSITION.
2. MOVEMENT. Arms circling forward.
3. COMMAND. (a) Arms large circles forward—Start.
4. DESCRIPTION OF EXERCISE. Arm circles forward are executed in the antero-posterior plane; from the fundamental position the left arm starts the large forward circles; as the left arm reaches the vertical position the right arm starts its circle, then the exercise continues with one arm one hundred and eighty degrees in advance of the other; as in the other circles the shoulder enters into the movement, but the body is kept as still as possible; arms kept straight.

15.

1. POSITION.
2. MOVEMENT. Arms circling backw.
3. COMMAND. (a) Arms large circles backw.—Start.
4. DESCRIPTION OF EXERCISE. The same general description as in No. 14, except that the arms describe a "back" circle.

16.

1. POSITION.
2. MOVEMENT. Arms circling (small circle).
3. COMMAND. (a) Arms small circles—Start.
4. DESCRIPTION OF EXERCISE. With the shoulder

as center, the tips of the fingers describe a circle about six inches in diameter; arm and wrist fully extended; the rest of the body retains the fundamental position. The circles can be done with the arms at the fundamental position (l.) or (r.); at the front horizontal position ("in" or "out"), at the side horizontal position (front, back); at the vertical position (l., r.), etc.; the palms may be in, out, up, or down.

FOREARM.

1.

1. POSITION. Forearm one-quarter forw. flex. pos.

2. MOVEMENT. Forearm one-quarter forw. flexing.

3. COMMAND. (a) Forearms one-quarter forw. flexing—Start. (b) Forearms one-quarter forw.-flex.! Extend! (c) Forearms one-quarter forw.-raise! Sink!

4. DESCRIPTION OF EXERCISE. From fundamental position the forearm is quickly flexed forw. and upward forty-five degrees; palms in; arms at the side.

2.

1. POSITION. Forearm one-quarter outward flex. pos.

2. MOVEMENT. Forearm one-quarter outward flex.

3. COMMAND. (a) Forearms one-quarter outward flex.—Start. (b) Forearms one-quarter outward-flex.! Extend! (c) Forearms one-quarter outward-raise! Sink!

4. DESCRIPTION OF EXERCISE. The arm is rotated outward as far as possible and the forearm is quickly flexed outward forty-five degrees, *i. e.*, bent outward and upward; palms front; arms at side.

3.

1. Position. Forearm one-quarter inward flex. pos.

2. Movement. Forearm one-quarter inward flex.

3. Command. (a) Forearms one-quarter inward flex.—Start. (b) Forearms one-quarter inward-flex.! Forearm extend! (c) Forearms one-quarter inward-raise! Sink!

4. Description of Exercise. The arm is rotated inward and the forearm is flexed inward and upward forty-five degrees; palms back; avoid abd. of the arms. Care must be taken not to rotate the shoulders forward; the forearms are flexed behind the body unless otherwise directed.

4.

1. Position. Forearm half forw. flex. pos. [1](Thrust pos. with hands closed.)

2. Movement. Forearm half forw. flex.

3. Command. (a) Forearms half forw. flex.—Start. (b) Forearms half forw.-flex! Extend! (c) Forearms half forw.-raise! Sink!

4. Description of Exercise. Same general description as No. 1, except that the forearm is flexed ninety degrees.

5.

1. Position. Forearm half outward flex. pos.

2. Movement. Forearm half outward flex.

3. Command. (a) Forearms half outward flex.—Start. (b) Forearms half outward-flex.! Extend! (c) Forearms half outward-raise! Sink!

4. Description of Exercise. The same general description as No. 2; forearm is raised upward and outward ninety degrees.

(1) Anderson, "Gymnastic Nomenclature," p. 21.

6.

1. POSITION. Forearm half inward flex. pos. [1](Order pos.) with forearm flexed in front of body.

2. MOVEMENT. Forearm half inward flex.

3. COMMAND. (a) Forearms half inward flex.—Start. (b) Forearms half inward-flex.! Po-sition! (c) Forearms half inward-raise! Sink!

4. DESCRIPTION OF EXERCISE. The same description as in No. 3; forearms are flexed inward and upward ninety degrees.

7.

1. POSITION. Forearm forw. flex. pos.

2. MOVEMENT. Forearm forw. flex.

3. COMMAND. (a) Forearms forw. flex.—Start. (b) Forearms forw.-flex! Extend! (c) Forearms forw.-raise! Sink!

4. DESCRIPTION OF EXERCISE. The same description as in No. 1; the forearm is flexed as far as possible.

8.

1. POSITION. Forearm outward flex. pos.

2. MOVEMENT. Forearm outward flex.

3. COMMAND. (a) Forearms outward flex.—Start. (b) Forearms outward-flex.! Extend! (c) Forearms outward-raise! Sink!

4. DESCRIPTION OF EXERCISE. The same general description as in No. 2; the forearm is flexed as far as possible.

NOTE. The forearm cannot be extended until after a flexion; therefore I have not mentioned forearm extension.

9.

The rotation of the forearm can be executed in any of the positions that have been previously given; but a better exercise is the rotation of the arm and forearm together in the various positions

(1) Anderson, "Gymnastic Nomenclature," p. 21.

of the arm. In these exercises the shoulder enters into the movement; the wrist and fingers extended.

ARM AND FOREARM.

1.

1. POSITION.

2. MOVEMENT. Arm half flex., forearm half vertical flex.

3. COMMAND. (a) Arms half flex., forearm half vertical-flex.—Start. (b) Arms half-flex! Forearm half vertical-flex! Po-sition! (c) Arms half forw.-raise! Forearm half upward-bend! Etc. (d) Elbows half forw., upward-raise!

4. DESCRIPTION OF EXERCISE. The arms are raised forward and upward to the front horizontal pos. and at the same time the forearms are flexed ninety degrees, or to right angles with the arms. The arms and also the forearms are parallel; palms in; wrist and fingers extended. Care should be taken to keep the shoulders well back.

2.

1. POSITION.

2. MOVEMENT. Arm half flex., forearm vertical flexing.

3. COMMAND. (a) Arm half flex., forearm vertical flex.—Start. (b) Arm half-flex.! Forearm vertical-flex.! Po-sition! (c) Arm half forw -raise! Forearm upward-bend! Forearm downward bend! Arms-sink! (d) Elbows forward, upward-raise! (Continue flexion in shoulder to the limit.)

4. DESCRIPTION OF EXERCISE. The same general description as in No. 1, with the exception that the forearms are flexed as far as possible, bringing the hand close to the head on either side.

3.

1. POSITION.

2. MOVEMENT. Arm half flex., forearm half inward flex.

3. COMMAND. (a) Arm front horizontal, forearm half inward flex.—Start. (b) Arm half flex! Forearm half inward flex! Po-sition! (c) Arm half forw.-raise! Forearm half inward-bend! Etc. (d) Elbows half forw. inward-raise!

4. DESCRIPTION OF EXERCISE. The arms are raised as in 1 and 2 and rotated inward sufficiently to allow the forearms to be flexed in the horizontal plane; the forearms are flexed inward, the fingers of the left hand resting on the right elbow. The exercise may be continued with a more complete flexion of the forearm.

4.

1. POSITION. [1](Cross (d) st. pos.) [2](Yard (d) pos.)

2. MOVEMENT. (a) Arm half abd., backw. rot. (b) Arm raising (flinging, stretching) sideways with palms up.

3. COMMAND. (a) Arms half abd., backw. rot.—Start. (b) Arms half abduct! Backw.-twist! Arms forw.-twist! Etc. (c) Arms half sidew.-raise! Hands-turn! Etc. (d) With palms up, arms sideways—raise, fling or stretch!

4. DESCRIPTION OF EXERCISE. The arms are quickly abducted, that is, raised sideward and upward to the horizontal position; as the arms reach this position the arm and forearm are rotated backward as far as possible. Care should be taken to avoid any forward bending of the head.

5.

1. POSITION. (Cross b.)[3] (Yard b pos.)[4]

(1) Enebuske, "Progressive Gymnastic Day's Orders." 1894. P. 4.
(2) Posse, "Special Kinesiology of Educational Gymnastics." '94. P. 153.
(3) Enebuske, "Progressive Gymnastic Day's Orders." 1894. P. 3.
(4) Posse, "Handbook of School Gymnastics." 1892. P. 88.
Posse, "Special Kinesiology of Educational Gymnastics." '94. P. 155.

2. MOVEMENT. (a) Arm half abd., forearm half forw. flex. (b) Half forw. bending of arms.

3. COMMAND. (a) Arms half abd., forearm half forw. flex.—Start. (b) Arms half-abduct! Forearm half forw.-flex.! Po-sition! (c) Arms sideways-stretch! Forearm half forw.-bend! Forearm stretch! Arms sink! (d) Arms half forw.-bend! (e) Elbows half sideward forw.-raise!

4. DESCRIPTION OF EXERCISE. The arms are raised to the side horizontal; the forearm is flexed ninety degrees in the horizontal plane and rotated, turning palms in. This exercise is done in two counts; the use of the word "and" just before "forearm" would call for four counts.

6.

1. POSITION. (Cross (a))[1] (Yard (a) pos.)[2]

2. MOVEMENT. (a) Arm half abd., forearm forw. flex. (b) Forw. bending of arms.

3. COMMAND. (a) Arms half abd., forearm forw. flex.—Start. (b) Arms half-abduct! Forearm forw.-flex.! Po-sition! (c) Arms sideways stretch! Forearm forw.-bend! Etc. (d) Arms forw.-bend! (e) Elbows sideward forw.-raise!

4. DESCRIPTION OF EXERCISE. The arms are quickly raised to the side horizontal and the fore arm is flexed in the horizontal plane; the thumbs touching the chest; elbows well back.

7.

1. POSITION. (Cross e.)[3] (Yard e.)[4]

2. MOVEMENT. (a) Arm half abd., forearm half vertical flex. (b) Half sideways bending of arms.

3. COMMAND. (a) Arms side hor., forearm half vertical flex.—Start. (b) Arms half-abduct! Fore-

(1) Enebuske, "Progressive Gymnastic Day's Orders." 1894. P. 3.
(2) Anderson, "Gymnastic Nomenclature," p. 20; Posse, "Handbook of School Gymnastics," p. 38.
Posse, "Special Kinesiology of Educational Gymnastics." '94. P. 154.
(3) Enebuske, "Progressive Gymnastic Day's Orders." 1894. P. 4.
(4) Posse, "Special Kinesiology of Educational Gymnastics." P. 156.

arm half upward-flex.! Extend! Etc. (c) Arms half sideways-lift! Forearm half upward-bend! Etc. (d) Arms half sideways-bend! (e) Elbows half sideward upward-raise!

4. DESCRIPTION OF EXERCISE. The arms are raised as in the preceding exercises and the forearms are flexed ninety degrees in the vertical plane; the palms turned in and elbows well back.

8.

1. POSITION.

2. MOVEMENT. Arm half abd., forearm vertical flex.

3. COMMAND. (a) Arms half abd., forearm vertical flex.—Start. (b) Arms half-abduct! Forearm upward-flex! Po-sition! (c) Arms sideways-lift or stretch! Forearm upward-bend! Forearm stretch! Arms-sink! (d) Elbows sideward upward-raise!

4. DESCRIPTION OF EXERCISE. The arms are raised to the side horizontal and the forearms are flexed in the vertical plane; the palms to the front, but not touching the head; shoulders and elbows well back.

9.

1. POSITION. Head clasp. (Neck pos.)[1] (Rest st. pos.)[2]

2. MOVEMENT. Arm three-quarters abd., forearm vertical flex.

3. COMMAND. (a) Head clasp—Start. (b) Neck-firm! Po-sition!

4. DESCRIPTION OF EXERCISE. The arms are abducted and the forearms flexed sufficiently to allow the fingers to touch behind the head at the occipital bone; the fingers should be pressed strongly against the head resisting; the elbows well back.

(1) Anderson, "Gymnastic Nomenclature," p. 19.
(2) Posse, "Handbook of School Gymnastics." 1892. Pp. 36, 37.
Posse, "Special Kinesiology of Educational Gymnastics." '94. P. 52.

10.

1. Position. [1](Think stand.)

2. Movement. Arms three-quarters abd., forearm inward flex.

3. Command. (a) Think stand—Start. (b) Think stand! Forehead-firm! Po-sition!

4. Description of Exercise. This exercise is executed similar to No. 9, only the fingers touch at and press against the forehead.

11.

1. Position. Head press.

2. Movement. Arm three-quarters abduct, forearm inward flex.

3. Command. (a) Head press—Start. (b) Head press! Head-firm! Po-sition!

4. Description of Exercise. Like the preceding exercises the arms are raised sideward and upward one hundred and thirty-five degrees, the forearms are flexed, the fingers touching at the top of the head. The fingers are pressed down heavily on the head, and the whole body raised or stretched up as though to lift a weight.

12.

1. Position. [2](Wing st. pos.)

2. Movement. Arms three-quarters abd., forearm half inward flex.

3. Command. (a) ———. (b) Hands on hips-place! (c) Hips-firm! Po-sition!

4. Description of Exercise. From fundamental position the hands are quickly raised to the hips, resting on the crest of the Ilium; thumbs backward; elbows slightly back of the plane of the shoulders.

(1) Enebuske, "Progressive Gymnastic Day's Orders." 1894. P. 1, cuts.
(2) Enebuske, "Progressive Gymnastic Day's Orders." 1894. P. 3.
Posse, "Special Kinesiology of Educational Gymnastics." '94. P. 52.
Posse, "Handbook of School Gymnastics." 1892. P. 36.
Anderson, "Gymnastic Nomenclature," p. 19.

13.

1. Position. [1](Extension pos.)

2. Movement. Left arm three-quarters abd., right arm one-quarter abd.

3. Command. (a) Left arm three-quarters, right arm one-quarter abd.—Start. (b)

4. Description of Exercise. Each arm executes its movement as previously described in the arm work, Nos. 6 and 8.

*WRIST.

1.

1. Position.

2. Movement. Wrist flex. and ext.

3. Command. (a) Wrist flex. and ext.—Start.

4. Description of Exercise. With the arms slightly abducted, the hands are flexed and extended at the wrist joints; in extension the hand should be carried beyond the line with the forearm.

2.

1. Position.

2. Movement. Wrist abd. and add.

3. Command. (a) Wrist abd. and add.—Start.

4. Description of Exercise. With the arms in the fundamental position, the hands are bent sideward as far as possible; fingers extended.

3.

1. Position.

2. Movement. Wrist circ.

3. Command. (a) Wrist circ.—Start.

4. Description of Exercise. With the wrist as the centre the fingers describe a circle with as large a circumference as possible.

*Note. The wrist exercises may be executed with the arms in any of the various positions, and the palms may be "in," "out," "up," etc., as desired.

(1) Anderson, "Gymnastic Nomenclature," p. 22.

FINGERS.

The movements possible in finger exercises are flexion, extension (after flexion), abduction, adduction, and circumduction. The finger exercises may be done with the arm or forearm in any of the various positions.

ARM, FOREARM, HAND.

1.

1. POSITION. [1](Bent arm pos.) [2](Bend st. pos.)

2. MOVEMENT. (a) Forearm forw. or sidew. flex., hand flex., arm rot. (b) Arm bending upward.

3. COMMAND. (a) Forearm, hand flex.—Start, or, Bend stand—Start. (b) Forearm, hand-flex! Extend! (c) Forearm upward-bend! Downward-stretch! (d) Arms upward-bend! Downward-stretch!

4. DESCRIPTION OF EXERCISE. The forearm is quickly flexed either forward or sideward and as completely as possible; the wrist and fingers are then flexed, the fingers touching the point of the shoulder; the arms are rotated backward or outward. If the forearms are flexed forward the rotation takes place after the flexion, but if the flexion is sideward the rotation takes place before the flexion. Elbows to the side; position of shoulders unchanged.

2.

1. POSITION. [3](Half cross pos.)

2. MOVEMENT. Arm half abd., forearm, hand upward flex.

3. COMMAND. (a) Arms half abd., forearm, hand

(1) Anderson, "Gymnastic Nomenclature," p. 19.
(2) Enebuske, "Progressive Gymnastic Day's Orders." 1894. P. 3.
Posse, "Special Kinesiology of Educational Gymnastics." '94. P. 110.
Posse, "Handbook of School Gymnastics." 1892. Pp. 36, 37.
(3) Anderson, "Gymnastic Nomenclature," p. 20.

upward (vertical) flex.—Start. (b) Arms one-half-abd.! Forearm, hand upward-flex.! Etc. (c) Arms one-half sideways-raise! Forearm upward-bend! Etc.! Po-sition!

4. DESCRIPTION OF EXERCISE. With the arms raised to the side horizontal, the forearms and hands are flexed the same as in the preceding exercise; elbows well back.

THIGH.

1.

1. POSITION. Thigh flex. pos. [1](Hook pos.) [2](Half hook (b) st. pos.) [3](Crook (b) one-half st. pos.)

2. MOVEMENT. (a) Thigh flexing. (b) Leg raising, or leg flinging if in succession.

3. COMMAND. (a) Thigh flex. l. (r.)—Start. (b) L. (r.) thigh-flex! Po-sition! (c) L. (r.) thigh forw.-raise! Downward-place! (d) Leg-raise! Sink! Or, Alternate leg raising (flinging)—Start!

4. DESCRIPTION OF EXERCISE. From the fundamental position the weight of the body is changed to the r. or l. leg and the opposite thigh is flexed to a right angle with the body if possible, the leg and foot fully extended. The tendency to bend the trunk backward and flex the supporting knee should be overcome.

2.

1. POSITION. Thigh half flex. pos.

2. MOVEMENT. Thigh half flex.

3. COMMAND. (a) Thigh half flex, l. (r.)—Start. (b) L. (r.) thigh half-flex! Po-sition! (c) L. (r.) thigh half forw.-raise! Etc.

(1) Anderson, "Gymnastic Nomenclature," p. 11.
(2) Enebuske, "Progressive Gymnastic Day's Orders." 1894. P. 5.
(3) Posse, "Special Kinesiology of Educational Gymnastics." 1894. Pp. 79, 80.

4. DESCRIPTION OF EXERCISE. This exercise is executed the same as No. 1, with the exception that the thigh is raised only forty-five degrees.

3.

1. POSITION. Thigh ext. pos. [1](Stand leg elevation backw.)

2. MOVEMENT. (a) Thigh ext. (b) Leg raising backw.

3. COMMAND. (a) Thigh ext. l. (r.)—Start. (b) L. (r.) thigh-extend! Po-sition! (c) L. (r.) thigh backw.-raise! Forward-place! (d) Leg backw.-raise! Replace!

4. DESCRIPTION OF EXERCISE. From the fundamental position the weight of the body is changed to the r. (l.) leg and the opposite thigh is extended as far as possible with the body retaining the erect position; the leg and foot should be fully extended.

4.

1. POSITION. Thigh abd. pos. [2](St. leg elevation sidew.)

2. MOVEMENT. (a) Thigh abd. (b) Leg raising sideways.

3. COMMAND. (a) Thigh abd. l. (r.)—Start. (b) L. (r.) thigh-abduct! Po-sition! (c) L. (r.) thigh sideways-raise! Downward-place! (d) Leg sideways-raise! Or, alternate leg flinging sideways—Start!

4. DESCRIPTION OF EXERCISE. From the fundamental position the weight is changed from both to one leg, and the other thigh is abducted or raised to one side as far as possible, keeping the rest of the body in the erect position. Leg and foot extended; avoid rotation of the hips.

(1) Posse, "Special Kinesiology of Educational Gymnastics." 1894. Pp. 79, 80.
(2) Posse, "Special Kinesiology of Educational Gymnastics." '94. P. 81.

5.

1. POSITION. Thigh double abd. pos. [1](Stride st. pos.) [2](Side straddle pos.)

2. MOVEMENT. (a) Thigh double abduct. (b) Foot placing sideways.

3. COMMAND. (a) Thigh double abd.—Start. Or, stride stand jumping—Start. (b) L. (r.) foot sideways-place! Or, feet sideways-place! Or, Stride-stand!

4. DESCRIPTION OF EXERCISE. The exercise in the form of (a) command is executed with a jump and may be performed on one or two counts. Command (b) is used when it is desired to do a series of exercises in that pos. In both forms the thighs are abducted sufficiently to bring the feet two feet lengths apart; the weight is supported equally on both feet; body erect; legs extended.

6.

1. POSITION. Thigh add. pos.

2. MOVEMENT. Thigh add.

3. COMMAND. (a) Thigh add. l. (r.)—Start. (b) L. (r.) thigh-adduct! Po-sition! (c) L. (r.) thigh crossways-raise! Backw.-place!

4. DESCRIPTION OF EXERCISE. With the weight supported on one leg the free thigh is adducted or carried across and, unless otherwise indicated, in front of the other thigh as far as possible without rotation of the hips. The rest of the body should be held erect; leg and foot extended.

7.

1. POSITION. Thigh double add. pos.

2. MOVEMENT. Thigh double add.

(1) Enebuske, "Progressive Gymnastic Day's Orders." 1894. P. 4.
Anderson, "Gymnastic Nomenclature," p. 23.
Posse, "Special Kinesiology of Educational Gymnastics." '94. P. 61.
(2) Stecher, "German-American Gymnastics," p. 40.

3. COMMAND. (a) Thigh double add.—Start. (b) L. (r.) foot crossways-place! Replace!

4. DESCRIPTION OF EXERCISE. This exercise is described and executed similar to No. 5, only adduction takes the place of abduction.

8.

1. POSITION.

2. MOVEMENT. Thigh circumducting.

3. COMMAND. (a) L. (r.) thigh circ. l. (r.)—Start.

4. DESCRIPTION OF EXERCISE. From the fundamental position the weight is carried to the r. (l.) leg; with the hip as the center the foot of the l. (r.) leg describes the circumference of as large a circle as possible; the foot extended and the body retaining the erect position.

NOTE. Thigh rotations, by supporting the weight on the heels and toes, may be executed "in," "out," "left," "right," etc., or the position on the floor may be changed by alternate raising of heels and toes during the rotation of the thighs.

9.

1. POSITION. [1](Close st. pos.)

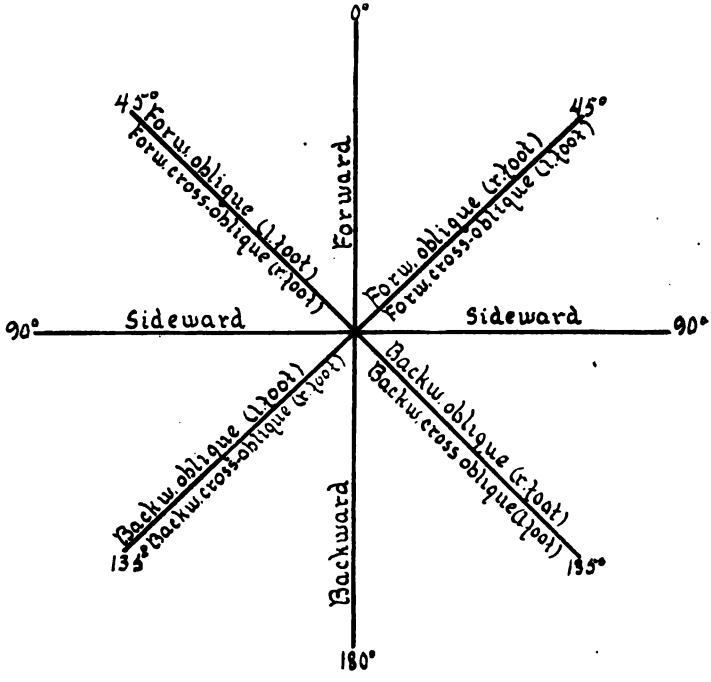
2. MOVEMENT. (a) Thigh inward rot. (b) Closing of feet.

3. COMMAND. (a) Thigh inward rotating, or feet closing—Start. (b) Feet-close! Feet-open! (c) Close and open feet—Start!

4. DESCRIPTION OF EXERCISE. From fundamental position the toes are raised and the thighs are rotated inward sufficiently to bring the feet together in the antero-posterior plane.

(1) Enebuske, "Progressive Gymnastic Day's Orders." 1894. P. 4. Posse, "Special Kinesiology of Educational Gymnastics." '94. P. 51. Anderson, "Gymnastic Nomenclature," p. 7.

The direction of a Toe-touch, Toe-point, Charge, Lunge, and Walk-stand may be as follows:—



10.

1. Position. Forw. walk st. pos. [1](Walk (b) st. pos.) [2](Cross straddle pos.) [2](Feet 12 in. apart, step. pos. forw.)

2. Movement. (a) Foot forw. placing. (b) Foot placing forw.

3. Command. (a) Forw. walk standing, l. (r.)—Start. Or, forw. walk stand jumping—Start. (b) R. (l.) foot forw.-place! Foot-replace!

4. Description of Exercise. From the fundamental position the left or right foot is raised and

(1) Enebuske, "Progressive Gymnastic Day's Orders." 1894. P. 4. Posse, "Special Kinesiology of Educational Gymnastics." '94. P. 60.
(2) Stecher, "German-American Gymnastics," pp. 30, 31.

moved quickly forward twice its own length and planted without change in the angle of the feet; the weight of the body supported equally between the feet; the plane of the shoulders unchanged.

11.

1. POSITION. Forw. close walk st. pos. [1](Walk (c) st. pos.)

2. MOVEMENT. (a) Foot forw. placing. (b) Foot placing forw.

3. COMMAND. (a) Forw. close walk standing l. (r.)—Start. (b) L. (r.) foot forw.-place! Foot-replace!

4. DESCRIPTION OF EXERCISE. From the close walk standing position the l. (r.) foot is moved forward twice its length and placed without change in the angle of either foot. The general descriptions in No. 10 apply in this exercise. In any of the walk st. positions, in order to reduce the base of support, the word "close"—indicating that the feet are to be placed parallel to each other, *i. e.*, in the same plane—should be inserted immediately after the word indicating the direction in which the foot is to be moved. For example, see "Position" in this exercise.

12.

1. POSITION. Forw. oblique walk st. pos. [2](Walk (a) st. pos.) [3](Step pos. feet twelve inches apart.)

2. MOVEMENT. (a) Foot forw. oblique placing. (b) Foot placing outward.

3. COMMAND. (a) Forw. oblique walk standing, l. (r.)—Start. (b) L. (r.) foot forw. oblique-place! Foot-replace! (c) L. (r.) foot outward-place!

4. DESCRIPTION OF EXERCISE. The same general description as in No. 10. The foot is moved to the forward oblique.

(1) Enebuske, "Progressive Gymnastic Day's Orders." 1894. P. 4.
Posse, "Special Kinesiology of Educational Gymnastics," '94. P. 60.
(2) Enebuske, "Progressive Gymnastic Day's Orders." 1894. P. 4.
Posse, "Special Kinesiology of Educational Gymnastics." '94. P. 60.
(3) Stecher, "German-American Gymnastics," pp. 30, 31.

13.

1. POSITION. Forw. cross-oblique walk st. pos. [1](Walk (d) st. pos.)

2. MOVEMENT. Foot forw. cross-oblique placing.

3. COMMAND. (a) Forw. cross-oblique walk standing l. (r.)—Start. (b) L. (r.) foot forw. cross oblique-place! Foot-replace!

4. DESCRIPTION OF EXERCISE. The same general description as in the preceding exercises, but the foot l. (r.) is moved to forward cross-oblique.

14.

1. POSITION. Backw. walk st. pos. [2](Walk (b) st. pos.) [3](Step pos.)

2. MOVEMENT. (a) Foot backw. placing. (b) Foot placing backw.

3. COMMAND. (a) Backw. walk standing l. (r.)—Start. (b) L. (r.) foot backw.-place! Foot-replace or Po-sition!

4. DESCRIPTION OF EXERCISE. This exercise is the same as No. 10, with the exception that the position is assumed by a backward movement of the foot.

15.

1. POSITION. Backw. oblique walk st. pos. [4](Walk (a) st. pos.)

2. MOVEMENT. (a) Foot backw. oblique placing. (b) Foot placing backw. outward.

3. COMMAND. (a) Backw. oblique walk-standing l. (r.)—Start. (b) L. (r.) foot backw. oblique-place! Foot-replace! (c) L. (r.) foot backw. outward-place!

(1) Posse, "Special Kinesiology of Educational Gymnastics." '94. P. 60.
Enebuske, "Progressive Gymnastic Day's Orders." 1894. P. 5.
(2) Enebuske, "Progressive Gymnastic Day's Orders." 1894. P. 4.
Posse, "Special Kinesiology of Educational Gymnastics." '94. P. 60.
(3) Stecher, "German-American Gymnastics," p. 31.
(4) Enebuske, "Progressive Gymnastic Day's Orders." 1894. P. 4.
Posse, "Special Kinesiology of Educational Gymnastics." '94. P. 60.

16.

4. DESCRIPTION OF EXERCISE. The position taken in this exercise is the same as in No. 12, but the position is reached by moving the l. (r.) foot to the backward oblique.

1. POSITION. Backw. cross oblique walk st. pos. [1](Walk (d) st. pos.)

2. MOVEMENT. Foot backw. cross-oblique placing.

3. COMMAND. (a) Backw. cross-oblique walk standing l. (r.)—Start. (b) L. (r.) foot backw. cross-oblique-place! Foot-replace!

4. DESCRIPTION OF EXERCISE. The general description in this exercise is the same as in No. 13, but the foot is moved to the backward cross-oblique.

LEG.

1.

1. POSITION. Leg half flex. pos. [2](R. (l.) "L." pos.)

2. MOVEMENT. Leg half flex.

3. COMMAND. (a) Leg half flex. l. (r.)—Start. (b) L. (r.) leg half-flex! Leg-extend! (c) L. (r.) leg half-raise! Downward-place!

4. DESCRIPTION OF EXERCISE. From the fundamental position the weight is carried to the r. (l.) foot and the l. (r.) leg is flexed ninety degrees to a right angle with the thigh; foot extended; body erect.

2.

1. POSITION. Leg flex. pos.

2. MOVEMENT. Leg flex.

3. COMMAND. (a) Leg flex. l. (r.)—Start. (b) L. (r.) leg-flex! Leg-extend! (c) L. (r.) leg backw.-raise! Leg downward-place!

(1) Enebuske, "Progressive Gymnastic Day's Orders." 1894. P. 5
Posse, "Special Kinesiology of Educational Gymnastics." '94. P. 60.
(2) Anderson, "Gymnastic Nomenclature," p. 11.

4. DESCRIPTION OF EXERCISE. This exercise is the same as No. 1, with the exception that the leg is flexed as fully as possible.

NOTE. "Leg rotating." See "Thigh rotating," No. 8.

FOOT.

1.

1. POSITION. Foot flex. pos.
2. MOVEMENT. (a) Foot flexing. (b) Toe raising.
3. COMMAND. (a) Foot flexing or toe raising—Start. (b) Toes-raise! Toes-sink!
4. DESCRIPTION OF EXERCISE. The weight of the body is supported on the heels and the feet are flexed, raising the toes as high as possible; avoid flexion at the hips.

2.

1. POSITION. Foot ext. pos. [1](Toe st. pos.)
2. MOVEMENT. (a) Foot extending. (b) Heel raising.
3. COMMAND. (a) Foot ext., or heel raising, or raise on toes—Start. (b) Heels-raise! Heels-sink!
4. DESCRIPTION OF EXERCISE. The weight of the body is supported on the ball of the foot and the feet are extended, raising the heels as high as possible; body well poised.

THIGH AND LEG.

1.

1. POSITION.
2. MOVEMENT. Thigh and leg flexing.
3. COMMAND. (a) Thigh, leg flex., l. (r.)—Start.

(1) Enebuske, "Progressive Gymnastic Day's Orders." 1894. P. 5. Posse, "Special Kinesiology of Educational Gymnastics." '94. P. 66. Anderson, "Gymnastic Nomenclature," p. 8.

(b) L. (r.) leg-flex.! Thigh-flex.! Po-sition! (c) Knee raising l. (r.)—Start.

4. DESCRIPTION OF EXERCISE. With the weight supported on one leg the l. or r. thigh and leg are both flexed as fully as possible; the foot extended; body erect.

2.

1. POSITION. [1](Half hook pos.) [2](Half hook (a) st. pos.) [3](Crook (a) one-half st. pos.)

2. MOVEMENT. (a) Thigh and legs half flexing. (b) Knee upward bending.

3. COMMAND. (a) Thigh, leg half flex. l. (r.)—Start. (b) L. (r.) leg half-flex.! Thigh half-flex.! Po-sition! (c) Knee half raising l. (r.)—Start. (d) L. (r.) knee upward-bend!

4. DESCRIPTION OF EXERCISE. With the weight supported on one foot the leg l. or r. is flexed ninety degrees, or to a right angle with the thigh, and the thigh is flexed, forming a right angle with the body; the foot extended; body erect.

3.

1. POSITION. [4](Half squat.) [5](Knee-bend st. pos.) [6](Half crouch pos.) [7](Courtesy st. pos.)

2. MOVEMENT. (a) Double thigh and legs half flex. (b) Knee bending, or st. two knees flex.

3. COMMAND. (a) Half squat—Start. (b) Knees half-bend, or sink! Knees-stretch! (c) Knees-bend! Stretch!

4. DESCRIPTION OF EXERCISE. From the fundamental pos. the knees are bent, the thigh and leg forming a right angle; trunk in the same plane as in the fundamental pos.; thighs pointing in the

(1) Anderson, "Gymnastic Nomenclature," p. 11.
(2) Enebuske, "Progressive Gymnastic Day's Orders." 1894. P. 5.
(3) Posse, "Special Kinesiology of Educational Gymnastics." '94. P. 78.
(4) "Gymnastic Nomenclature of Young Men's Christian Association." Second edition. P. 7.
(5) Enebuske, "Progressive Gymnastic Day's Orders." 1894. P. 5.
(6) Anderson, "Gymnastic Nomenclature," p. 10.
(7) Posse, "Special Kinesiology of Educational Gymnastics." '94. P. 69.

same direction as the feet; heels raised if so directed by the leader.

4.

1. POSITION. [1](Full squat.) [2](Toe deep knee bend st. pos.) [3](Crouch pos.) [4](Sitting pos.; courtesy sitting pos.)

2. MOVEMENT. (a) Double thigh and leg flexion. (b) Deep knee bending (toe st. pos. implied).

3. COMMAND. (a) Full squat, or double thigh, leg flex.—Start. (b) Knees-bend! Knees-stretch! (c) Knees deep-bend! Stretch!

4. DESCRIPTION OF EXERCISE. This exercise is executed the same as No. 3, except that the flexing at the knees is as complete as possible; heels must be raised from the floor.

TOE TOUCH.

5.

1 POSITION. Toe touch forw. pos. [5](Step pos. forw.)

2. MOVEMENT. Thigh flexing.

3. COMMAND. (a) Toe touch forw., l. (r.)—Start. (b) Toe touch, l. (r.) foot forw.-place! Foot-replace!

4. DESCRIPTION OF EXERCISE. From the fundamental pos. the l. or r. thigh is flexed and foot extended, touching the toes lightly to the floor; weight supported on the leg that remains in place; trunk inclined backward sufficiently to retain a straight line with the moving thigh unless otherwise directed; supporting knee straight or flexed as leader directs. Avoid lateral bending in lumbar spine.

(1) "Gymnastic Nomenclature of Young Men's Christian Association." Second edition. Pp. 7, 8.
(2) Enebuske, "Progressive Gymnastic Day's Orders." 1894. P. 5.
(3) Anderson, "Gymnastic Nomenclature," p. 10.
(4) Posse, "Special Kinesiology of Educational Gymnastics." '94. P. 71.
(5) Anderson, "Gymnastic Nomenclature," p. 9.

6.

1. Position. Toe touch backw. pos. [1](Toe support.)

2. Movement. Thigh ext.

3. Command. (a) Toe touch backw. l. (r.)—Start. (b) Toe touch l. (r.) foot backw.-place! Foot-replace!

4. Description of Exercise. This exercise is executed similar to No. 5, but the foot is moved backward and the trunk is inclined forward to keep in line with moving thighs.

7.

1. Position. Toe touch side pos.

2. Movement. Thigh abd.

3. Command. (a) Toe touch side l. (r.)—Start. (b) Toe touch l. (r.) foot sidew.-place! Foot-replace!

4. Description of Exercise. Similar to No. 5, only the thigh is abducted and toe touches floor at the side; the trunk is inclined sideward; shoulders remain in lateral plane.

8.

1. Position. Toe touch forw. oblique pos.

2. Movement. Thigh forw. oblique flex.

3. Command. (a) Toe touch forw. oblique l. (r.) —Start. (b) Toe touch l. (r.) foot forw. oblique-place! Foot-replace!

4. Description of Exercise. Similar to No. 5, toe touching floor at the forw. oblique; shoulders remain in the lateral plane.

9.

1. Position. Toe touch backw. oblique pos.

2. Movement. Thigh backw. oblique ext.

3. Command. (a) Toe touch backw. oblique l.

(1) Posse, "Special Kinesiology of Educational Gymnastics." '94. P. 73.

(r.)—Start. (b) Toe touch l. (r.) foot backw. oblique-place! Foot-replace!

4. Description of Exercise. Similar to No. 6, toe touching the floor at the backward oblique; shoulders in the lateral plane.

10.

1. Position. Toe touch forw. cross oblique pos.

2. Movement. Thigh add. forw. cross oblique flex.

3. Command. (a) Toe touch forw. cross oblique l. (r.)—Start. (b) Toe touch, l. (r.) foot forw. cross oblique-place! Foot-replace!

4. Description of Exercise. Similar to the preceding exercises. The toe touches the floor at the forw. cross oblique; the trunk is inclined backward and sideward, keeping in line with moving thigh; shoulders in the lateral plane.

11.

1. Position. Toe touch backw. cross-oblique pos.

2. Movement. Thigh backw. cross-oblique ext.

3. Command. (a) Toe touch backw. cross-oblique l. (r.)—Start. (b) Toe touch, l. (r.) foot backw. cross-oblique-place! Foot-replace!

4. Description of Exercise. Similar to No. 6. Toe touches the floor at the backw. cross-oblique; trunk inclined forward and sideward; shoulders in the lateral plane.

Substituting "heel" and "foot" for "toe" in the preceding exercises, another series of positions may be given. As in the toe touches the heel or foot touches the floor but does not support the weight of the body. The forward foot touches are the same as Anderson's Reverse Charges, "Gymnastic Nomenclature," p. 12. The backward foot touches are like Fallout (a) and (b), and, when at close standing pos., Fallout (c), by Enebuske, "Progres-

sive Gymnastic Day's Orders," 1894, pp. 5, 6; and Posse, "Special Kinesiology of Educational Gymnastics," 1894, pp. 62, 63.

CHARGES.

12.

1. POSITION. Forw. charging pos. [1](Fallout (b)) [2](Charge pos.) [3](Step pos., with bent knee.)

2. MOVEMENT. (a) Forw. charging. (b) Fall-out-forw.

3. COMMAND. (a) Forw. charging l. (r.)—Start. (b) Forw. l. (r.)-charge! Po-sition! (c) L. (r.) forw.-fallout!

4. DESCRIPTION OF EXERCISE. From the fundamental position the body is inclined or falls forward; at the same time the l. (r.) foot is moved forward twice its length (some authors require three foot lengths) and planted without change of angle; both heels on the floor; the knee of the moving leg flexed and directly over the toe; the backward leg fully extended; trunk in direct line with the extended thigh; the plane of the shoulders unchanged; weight of the body chiefly on the forward foot.

13.

1. POSITION. Forw. oblique charging pos. [4](Fallout (a))

2. MOVEMENT. (a) Forw. oblique charging. (b) Fallout outward.

3. COMMAND. (a) Forw.-oblique charging l. (r.) —Start. (b) Forw.-oblique l. (r.)-charge! Po-sition! (c) L. (r.) outward-fallout!

(1) Enebuske, "Progressive Gymnastic Day's Orders." 1894. P. 6. Posse, "Special Kinesiology of Educational Gymnastics." '94. P. 63.
(2) Anderson, "Gymnastic Nomenclature," p. 12.
(3) Stecher, "German-American Gymnastics," p. 71.
(4) Enebuske, "Progressive Gymnastic Day's Orders." 1894. P. 5. Posse, "Special Kinesiology of Educational Gymnastics." '94. P. 62.

4. DESCRIPTION OF EXERCISE. This exercise is executed the same as No. 12, with the exception that the body and foot are moved forward obliquely.

14.

1. POSITION. Forw. cross-oblique charging pos.

2. MOVEMENT.

3. COMMAND. (a) Forw. cross-oblique charging l. (r.)—Start. (b) Forw. cross-oblique l. (r.)-charge! Po-sition!

4. DESCRIPTION OF EXERCISE. The same general description as in No. 12, with the exception that the foot is moved to the forw. cross-oblique and the body is inclined in the same directions.

15.

1. POSITION. Side charging pos. [1](Stride fall-out pos.)

2. MOVEMENT.

3. COMMAND. (a) Sidew. charging l. (r.)—Start. (b) Sidew. l. (r.)-charge Po-sition!

4. DESCRIPTION OF EXERCISE. The same general description as in No. 12, with the exception that the body is inclined to the side and the foot is moved in the same direction.

16.

1. POSITION. Backw. charging pos. [2](Reverse charge pos.)

2. MOVEMENT.

3. COMMAND. (a) Backw. charging l. (r.)—Start. (b) Backw. l. (r.)-charge! Po-sition!

4. DESCRIPTION OF EXERCISE. From the fundamental position the body is inclined backward, and the l. (r.) foot is moved backward twice its length and planted without change of angle; trunk in line

(1) Posse, "Special Kinesiology of Educational Gymnastics." 1894 P. 65, note.
(2) Anderson, "Gymnastic Nomenclature," p. 12.

with the thigh, which remains stationary and extended; the weight supported on backward leg; backward knee bent and directly over the toe; the plane of the shoulders the same as in fundamental position.

17.

1. POSITION. Backw.-oblique charging pos.

2. MOVEMENT.

3. COMMAND. (a) Backw.-oblique charging l. (r.)—Start. (b) Backw.-oblique l. (r.)-charge! Po-sition!

4. DESCRIPTION OF EXERCISE. The same general description as in No. 16, except that the charge is to the backw.-oblique.

18.

1. POSITION. Backw. cross-oblique charging pos.

2. MOVEMENT.

3. COMMAND. (a) Backw. cross-oblique charging l. (r.)—Start. (b) Backw. cross-oblique-charge! Po-sition!

4. DESCRIPTION OF EXERCISE. The same general description as in No. 16, with the exception that the foot is moved to the backw.-cross-oblique.

19.

1. POSITION. Facing forw.-oblique charging pos.

2. MOVEMENT.

3. COMMAND. (a) Facing forw.-oblique charging l. (r.)—Start. (b) Forw. oblique facing l. (r.)-charge! Po-sition!

4. DESCRIPTION OF EXERCISE. The general description of this exercise is the same as the ordinary charge with a few exceptions. At the beginning of the exercise the toes are raised and the body is turned on the heels sufficiently to bring the shoulders into a plane at a right angle to the direction in which the charge is made. The moving foot is

pointed in the direction in which it is moved; the other foot is placed so that it forms a right angle with the long axis of the forward foot. In a similar manner the commands may be given for a charge in any of the various directions.

LUNGES.

The lunges are executed the same as the charges, and in the same directions; the foot is moved forward, sideward, etc., about three and one-half times its own length. The trunk should be held in the erect position unless otherwise directed by the leader.

NOTE. The word "reverse" used in connection with a charge indicates that the position is to be changed; for example, from a forw. charge to a backw. charge, without change in the angle of the shoulders. The word "change," similarly used, indicates that the pupil, after taking the forw. charge, raises the toes and executes an about face, changing the weight and taking a charge pos.

BALANCE POSITION.

20.

1. POSITION. Forw. toe point pos. [1](Balance step pos.)

2. MOVEMENT. (a) Thigh flex. (b) Forw. toe pointing.

3. COMMAND. (a) Forw. toe point, l. (r.)—Start. (b) Forw. toe point, l. (r.) thigh-flex.! Extend! (c) Forw. toe point, l. (r.) foot-raise! Sink!

4. DESCRIPTION OF EXERCISE. From the fundamental position the weight is carried to one leg and the other thigh is flexed and foot extended, raising the toe to position about two inches from the floor. Supporting knee bent if leader desires. The position of rest of the body unchanged.

(1) Anderson, "Gymnastic Nomenclature," p. 10.

21.

1. POSITION. Forw.-oblique toe point pos.

2. MOVEMENT. (a) Thigh flex. forw.-oblique. (b) Forw.-oblique toe pointing.

3. COMMAND. (a) Forw.-oblique toe point l. (r.) —Start. (b) Forw.-oblique toe point, l (r.) thigh-flex.! Extend! (c) Forw.-oblique toe point, l. (r.) foot-raise! Sink!

4. DESCRIPTION OF EXERCISE. The same general description as in No. 20. The foot is moved to the forw.-oblique.

22.

1. POSITION. Forw. cross-oblique toe point pos.

2. MOVEMENT. Thigh flex. cross-oblique.

3. COMMAND. (a) Forw. cross-oblique toe point l. (r.)—Start. (b) Forw. cross-oblique toe point l. (r.) thigh-flex.! Po-sition! (c) Forw. cross-oblique toe point l. (r.) foot-raise! Sink!

4. DESCRIPTION OF EXERCISE. Same description as in No. 20. Movement of thigh in the forw. cross-oblique direction.

23.

1. POSITION. Side toe point pos.

2. MOVEMENT. (a) Thigh abd. (b) Side toe pointing.

3. COMMAND. (a) Side toe point l. (r.)—Start. (b) Side toe point, l. (r.) thigh-abduct! Po-sition! (c) Side toe point, l. (r.) foot-raise! Sink!

4. DESCRIPTION OF EXERCISE. Same general description as in No. 20. The thigh is raised to the side.

24.

1. POSITION. Backw. toe point pos.

2. MOVEMENT. (a) Thigh ext. (b) Backw. toe pointing.

3. COMMAND. (a) Backw toe point l. (r.)—

Start. (b) Backw. toe point, l. (r.) thigh-extend! Po-sition! (c) Backw. toe point, l. (r.) foot-raise! Sink!

4. DESCRIPTION OF EXERCISE. The same general description as in No. 20. The thigh is extended or raised backward.

25.

1. POSITION. Backw.-oblique toe point pos.

2. MOVEMENT. (a) Thigh ext. obliquely. (b) Backw.-oblique toe pointing.

3. COMMAND. (a) Backw.-oblique toe point l. (r.)—Start. (b) Backw.-oblique toe point, l. (r.) thigh-extend! Po-sition! (c) Backw.-oblique toe point, l. (r.) foot-raise! Sink!

4. DESCRIPTION OF EXERCISE. The same general description as in No. 20. The thigh is raised to the backward oblique.

26.

1. POSITION. Backw. cross-oblique toe point pos.

2. MOVEMENT. Thigh ext. cross-obliquely.

3. COMMAND. (a) Backw. cross-oblique toe point, l. (r.)—Start. (b) Backw. cross-oblique toe point, l. (r.) thigh-extend! Po-sition! (c) Backw. cross-oblique toe point, l. (r.) foot-raise! Sink!

4. DESCRIPTION OF EXERCISE. The same description as in No. 20. The thigh is raised to the backward cross-oblique.

27.

1. POSITION. Trunk half forw. bal. pos., or prone half st. pos.

2. MOVEMENT. Trunk half forw. balancing.

3. COMMAND. (a) Trunk half forw. balancing l. (r.)—Start. (b) Trunk half forw.-bend! l. (r.) thigh-extend! Po-sition!

4. DESCRIPTION OF EXERCISE. The weight is supported on the right leg and the trunk is bent forward about forty-five degrees, keeping the left thigh

in the same relation with the trunk as in the fundamental position. The relative position of the head and shoulders unchanged; supporting leg straight.

28.

1. POSITION. Trunk forw. balancing pos. [1](Half horizontal stand.) [2](Hor. half st. pos.)

2. MOVEMENT. Trunk forw. balancing.

3. COMMAND. (a) Trunk forw. balancing l. (r.) —Start. (b) Trunk forw. balance l. (r.)-bend! Raise!

4. DESCRIPTION OF EXERCISE. The same general description as in No. 27. The trunk is bent forward ninety degrees; supporting knee bent.

29.

1. POSITION. Trunk half sideward bal. pos.

2. MOVEMENT. (a) Trunk half sidew. balancing. (b) Side bending of trunk with abduction of leg.

3. COMMAND. (a) Trunk half sidew. balancing l. (r.)—Start. (b) Trunk half sidew. balance l. (r.)-bend! Raise! L. (r.) thigh-abduct! Po-sition! (c) With abd. of l. (r.) leg, trunk to r. (l.)-bend!

4. DESCRIPTION OF EXERCISE. With the weight supported on the right thigh the trunk is bent to the side forty-five degrees; at the same time the left thigh is raised sideward, retaining its relative position with the trunk; shoulders in the lateral plane; knee of supporting leg extended.

30.

1. POSITION. Trunk sidew. balancing pos.

2. MOVEMENT. Trunk sidew. balancing.

3. COMMAND. (a) Trunk sidew. balancing l. (r.) —Start. (b) Trunk sidew. bal. l. (r.)-bend! Raise!

4. DESCRIPTION OF EXERCISE. The same general

(1) Anderson, "Gymnastic Nomenclature," p. 9.
(2) Posse, "Special Kinesiology of Educational Gymnastics." '94. P. 65.

description as in No. 28, but the trunk is bent as near as possible to the horizontal position; avoid rotation of the trunk; knee of supporting leg bent.

31.

1. POSITION. Trunk half backw. balancing pos.

2. MOVEMENT. Trunk half backw. balancing.

3. COMMAND. (a) Trunk half backw. balancing l. (r.)—Start. (b) Trunk half backw. balance l. (r.)-bend! Upward-raise!

4. DESCRIPTION OF EXERCISE. The same general description as in No. 26, with the exception that the trunk is bent backward.

32.

1. POSITION. Trunk backw. balancing pos.

2. MOVEMENT. Trunk backw. balancing.

3. COMMAND. (a) Trunk backw. balancing l. (r.)—Start. (b) Trunk backw. balance, l. (r.)-bend! Upward-raise!

4. DESCRIPTION OF EXERCISE. The same general description as in the other exercises; trunk bending backward to the horizontal position as nearly as possible; supporting knee bent.

JUMPS.

1.

1. POSITION.

2. MOVEMENT. (a) Jumping in place. (b) Toe st. spring jump.

3. COMMAND. (a) Jumping in place—Start. (b) Spring jump—Start.

4. DESCRIPTION OF EXERCISE. The body should retain the erect position; spring from the ankle; knees slightly bent; heels raised from the floor. This exercise may be varied from the straight jump, with thigh flexion, leg flexion, etc. and also with

any of the walk stand positions, changing the position of the feet on the jump.

2.

1. POSITION.

2. MOVEMENT. Jumping.

3. COMMAND. (a) Jumping (given direction)—Start. (b)

4. DESCRIPTION OF EXERCISE. This exercise is described the same as No. 1, but at each count the person moves forward, sideward, etc., one, two, or more jumps as the leader directs, returning to position with the same number of jumps. This may also be given with quarter and half turns.

STATIONARY RUN.

1.

1. POSITION.

2. MOVEMENT. Stationary running or running in place.

3. COMMAND. (a) Running in place—Start. (b)

4. DESCRIPTION OF EXERCISE. The same general principles should be observed here as in the ordinary run, only no ground is gained. This exercise may be varied by running with thigh flexion only, or leg flexion, etc.

NOTE. The jumps and runs may be executed with the various arm exercises and positions.

POSITIONS ON THE FLOOR.

1.

1. POSITION. Squat rest pos. [1](Crouch rest pos.)

2. MOVEMENT.

(1) Anderson, "Gymnastic Nomenclature," p. 10.

3. COMMAND. (a) Squat rest—Start. (b) Squat-rest! Po-sition!

4. DESCRIPTION OF EXERCISE. From the position of full squat the trunk is inclined forward, the hands touching the floor between the knees.

2.

1. POSITION. Front leaning rest pos. [1](Prone falling pos.) [2](Stoop falling pos.)

2. MOVEMENT.

3. COMMAND. (a) Front leaning rest—Start. (b) Front leaning rest-position, or place! Po-sition! (c) Prone falling pos.-place! Two! Three!

4. DESCRIPTION OF EXERCISE. From the squat rest position the thighs are extended and the weight is supported equally by the hands and feet; body perfectly straight; feet flexed and together from heel to toe.

3.

1. POSITION. Side leaning rest pos. [3](Side falling pos.) [4](Right (l.) leaning rest pos.)

2. MOVEMENT.

3. COMMAND. (a) Side leaning rest l. (r.)—Start. (b) Side leaning rest l. (r.)-place! (c) L. (r.) side falling pos.-place! Two! Three!

4. DESCRIPTION OF EXERCISE. From front leaning rest turn the body ninety degrees left or right, supporting the weight on one hand and the outside of one foot; body perfectly straight; disengaged arm resting at the side. Or, from the squat rest, left or right hand at the side, the thighs and trunk are extended sideward.

4.

1. POSITION. Back leaning rest pos.

2. MOVEMENT.

(1) Enebuske, "Progressive Gymnastic Day's Orders." 1894. P. 6.
(2) Posse, "Special Kinesiology of Educational Gymnastics." '94. P. 180.
(3) Posse, "Special Kinesiology of Educational Gymnastics." '94. P. 200.
(4) Anderson, "Gymnastic Nomenclature," p. 22

3. COMMAND. (a) Back leaning rest—Start. (b) Back leaning rest-place! Po-sition!

4. DESCRIPTION OF EXERCISE. The body should be straight; back to the floor and weight supported on the hands and heels; feet together and parallel. The back leaning rest may be reached from the side leaning rest by a quarter turn, or from the squat rest by extending the thighs and trunk forward.

5.

1. POSITION. Lying pos.

2. MOVEMENT.

3. COMMAND. (a) ———. (b) Lying pos.-place, or, position! St. Po-sition!

4. DESCRIPTION OF EXERCISE. The body is extended on the floor, face up; thighs extended and parallel; heels touching; arms at the side, not abducted. The position is usually taken from the squat rest position.

6.

1. POSITION. Prone lying pos. [1](Forw. lying pos.)

2. MOVEMENT.

3. COMMAND. (a) ———. (b) Prone lying, place or position! St. Po-sition!

4. DESCRIPTION OF EXERCISE. The body lies on the floor, face downward; head rotated left; thighs extended and parallel; heels together; feet extended, resting the toes on the floor; arms at the side. The position is usually taken from the squat rest position.

COMBINATIONS.

1.

1. POSITION.

2. MOVEMENT. Arm flex., trunk one-quarter forw. bending.

(1) Posse, "Special Kinesiology of Educational Gymnastics." '94. P. 160.

3. COMMAND. (a) Arm flex., trunk one-quarter forw. bending—Start. (b) Arm flex.! Trunk one-quarter forw.-bend! Etc.

4. DESCRIPTION OF EXERCISE. The simple exercises are performed as previously described. The arm and trunk movements are executed at two counts, *i. e.*, simultaneously.

2.

1. POSITION.

2. MOVEMENT. L. (r.) arm abd., r. (l.) thigh abd.

3. COMMAND. (a) L. (r.) arm abd., r. (l.) thigh abd., alternating—Start. (b) L. arm-abduct! R. thigh-abduct! Etc.

4. DESCRIPTION OF EXERCISE. The simple movements have been described. The leg and arm movements are executed simultaneously.

3.

1. POSITION.

2. MOVEMENT. Forw. charging "and" arm half abducting.

3. COMMAND. (a) Forw. charging "and" arms half abd.—Start. (b) Forw.-charge! Arms-abduct! Arms-sink! Po-sition!

4. DESCRIPTION OF EXERCISE. The simple movements are executed as previously described. The charge is executed and on the second count the arms are raised to the side horizontal, returning to "Position" in reverse order. The word "and" indicates that the charge and arm exercises are to be executed in succession. To make it clear the leader may give the number of counts, *i. e.*, four counts, just before giving the executory command.

NOMENCLATURE OF WANDS AND BAR BELLS.

J. H. McCURDY, M. D.

The wand may be held in the ordinary, reversed, or mixed grasp.

I. Horizontal Positions, *i. e.*, those which are in the horizontal axis.

1.

1. POSITION. Thigh hor. (the starting pos.)
2. MOVEMENT.
3. COMMAND. Thigh hor.—Start.
4. DESCRIPTION OF EXERCISE. The wand lies against the thighs in the lateral plane.

2.

1. POSITION. Feet hor.
2. MOVEMENT. Trunk forw. bending.
3. COMMAND. Feet hor.—Start.
4. DESCRIPTION OF EXERCISE. The trunk is bent forward ninety degrees, flexion occurring throughout the entire spine and in the hip joint. The wand is placed in front of the toes six to eight inches from the floor and parallel with it.

3.

1. POSITION. L. (r.) foot hor.
2. MOVEMENT. Trunk forw. bending with rotation l. (r.)
3. COMMAND. L. (r.) foot hor.—Start.
4. DESCRIPTION OF EXERCISE. The same as No.

1, except that the trunk rotates l. (r.) in addition to the bending.

4.

1. Position. Knee hor.

2. Movement. Trunk half forw. bending.

3. Command. Knee hor.—Start.

4. Description of Exercise. The trunk is bent forward forty-five degrees, the bending occurring in the hips and lumbar spine. The wand is placed in front of and about six inches from the knees.

5.

1. Position. L. (r.) knee hor.

2. Movement. Trunk half forw. bending with rot. l. (r.).

3. Command. L. (r.) knee hor.—Start.

4. Description of Exercise. The same as No. 3, except that the trunk is rotated l. (r.) in addition to the bending.

6.

1. Position. L. (r.) thigh hor.

2. Movement. L. (r.) arm cross add. trunk rot.

3. Command. L. (r.) thigh hor.—Start.

4. Description of Exercise. The wand is swung against the l. (r.) thigh in the antero-posterior plane; the r. (l.) arm is slightly adducted.

7.

1. Position. Chest hor.

2. Movement. Forearm flexing forw.

3. Command. Chest hor.—Start.

4. Description of Exercise. From the fundamental position the forearms are completely flexed forward.

8.

1. POSITION. Chest hor. l. (r.).

2. MOVEMENT. L. (r.) arm half abd. r. (l.) half flex. with forearm flex. inward.

3. COMMAND. Chest hor. l. (r.)—Start.

4. DESCRIPTION OF EXERCISE. The wand is held in the horizontal axis at the height of the shoulders in the lateral plane.

NOTE. (Chest forw., backw. oblique and cross chest horizontal.) These positions may also be taken.

9.

1. POSITION. Front hor.

2. MOVEMENT. Arms half flexing.

3. COMMAND. Front hor.—Start.

4. DESCRIPTION OF EXERCISE. Both arms are raised forward ninety degrees to the front horizontal position.

10.

1. POSITION. High hor.

2. MOVEMENT. Arm flexing (180 degrees).

3. COMMAND. High hor.—Start.

4. DESCRIPTION OF EXERCISE. The wand is raised from the front of the thighs through the front hor. to the high hor. position.

11.

1. POSITION. High hor. l. (r.) hand forw.

2. MOVEMENT. L. (r.) arm three-quarters flex., r. (l.) arm full flex.

3. COMMAND. High hor. l. (r.)—Start.

4. DESCRIPTION OF EXERCISE. Both arms are flexed as far as possible; the forw. arm reaches only to the three-quarters flex. pos. Avoid trunk rot.

12.

1. Position. Head hor.

2. Movement. Arms half abd. with forearms half flex inward.

3. Command. Head hor.—Start.

4. Description of Exercise. The head, elbows and wand are carried backward in the lateral plane as far as possible. The wand is placed just above and back of the head.

13.

1. Position. Head hor. l. (r.).

2. Movement. L. (r.) arm half abd., r. (l.) arm half abd. with forearm half flex. upward.

3. Command. Head hor. l. (r.)—Start.

4. Description of Exercise. This is executed the same as No. 12, except that the wand slips through the r. (l.) hand until the l. (r.) forearm is fully extended.

14.

1. Position. Neck hor.

2. Movement. Arms half abd. with forearms flex. upward.

3. Command. Neck hor.—Start.

4. Description of Exercise. The wand is placed back of the neck and is as far back and down as possible.

15.

1. Position. Neck hor. l. (r.).

2. Movement. L. (r.) arm half abd., r. (l.) arm one-quarter abd. with forearm flex. upward.

3. Command. Neck hor. (l.) r.—Start.

4. Description of Exercise. The same as No. 14, except that the l. (r.) arm is straightened at the side horizontal, slipping the wand through the right hand.

16.

1. POSITION. Back hor.

2. MOVEMENT. Arms circumducting.

3. COMMAND. Back hor.—Start.

4. DESCRIPTION OF EXERCISE. The hands slide out gradually to the end of the wand and at the same time are raised until the wand passes over the head and down to the horizontal position at the back of the thighs.

17.

1. POSITION. Side hor.

2. MOVEMENT. Arms half flex. with trunk rot. l. (r.).

3. COMMAND. Side hor. l. (r.)—Start.

4. DESCRIPTION OF EXERCISE. The trunk rotating and arm flexing occur simultaneously.

18.

1. POSITION. L. (r.) arm hor.

2. MOVEMENT. L. (r.) arm half flex., r. (l.) arm half flex. with forearm flex. inward.

3. COMMAND. L. (r.) arm hor.—Start.

4. DESCRIPTION OF EXERCISE. The l. (r.) arm is in the half flex. pos. with the forward end of the wand held up by the l. (r.) hand; the other end is supported by the r. (l.) hand beneath the l. (r.) arm-pit.

NOTE. No. 1 is usually reckoned as the fundamental or starting position.

II. Vertical Positions, *i. e.*, those which are in the vertical axis.

19.

1. POSITION. Front vertical.

2. MOVEMENT. Arms half flex. (l. then r. hand up).

3. COMMAND. Front vertical—Start.

4. DESCRIPTION OF EXERCISE. The wand is placed at arm's length in front of the body in the vertical axis.

NOTE. The command may be changed to include charges and lunges. Example: Command, Front vertical forw. charging—Start.

20.

1. POSITION. Front vertical low.

2. MOVEMENT. L. (r.) arm one-quarter flexing.

3. COMMAND. Front vertical low—Start.

4. DESCRIPTION OF EXERCISE. The r. (l.) hand drops the wand, while the l. (r.) hand swings the wand into the vertical axis at arm's length. The lower end of the wand is placed on the floor four foot-lengths in front of the body.

NOTE. Useful especially with lunges and charges.

21.

1. POSITION. Front vertical high.

2. MOVEMENT. L. (r.) arm flex., r. (l.) forearm half flex. inward.

3. COMMAND. Front vertical high—Start.

4. DESCRIPTION OF EXERCISE. The l. (r.) hand swings its end of the wand to its highest point in the median line, *i. e.*, above the head. The r. (l.) hand swings the wand into the median line directly in front of the body.

22.

1. POSITION. Thigh vertical.

2. MOVEMENT. R. (l.) arm half flex. with forearm flex. inward.

3. COMMAND. Thigh vertical—Start.

4. DESCRIPTION OF EXERCISE. The wand is placed against the thigh and is parallel to it. The top arm is placed across the chest, with the hand at the shoulder and the elbow on a level with the shoulder.

23.

1. POSITION. Side vertical.

2. MOVEMENT. L. (r.) arm one-quarter add. with r. (l.) arm half flex. with cross add., trunk rot. l. (r.).

3. COMMAND. Side vertical—Start.

4. DESCRIPTION OF EXERCISE. The wand is carried outward to the side hor. in the vertical axis.

24.

1. POSITION. Side vertical low.

2. MOVEMENT. L. (r.) arm one-quarter abd.

3. COMMAND. Side vertical low—Start.

4. DESCRIPTION OF EXERCISE. Drop the wand with the r. (l.) hand, allowing it to swing to the vertical axis at the l. (r.) side of the body and at arm's length from it, the wand resting on the floor.

NOTE. Front oblique vertical positions may also be used.

25.

1. POSITION. Back half vertical.

2. MOVEMENT. L. (r.) arm small circle at side, r. (l.) arm three-quarters abd.

3. COMMAND. Back half vertical—Start.

4. DESCRIPTION OF EXERCISE. The wand is passed over the head and rests obliquely across the back in the lateral plane.

26.

1. POSITION. Head and arm vertical.

2. MOVEMENT. R. (l.) arm flex. with forearm flex. inward.

3. COMMAND. Head and arm vertical—Start.

4. DESCRIPTION OF EXERCISE. The l. (r.) arm is held close to the body, thus pressing the wand firmly against the deltoid muscle; the r. (l.) arm is completely adducted with forearm half flex. inward.

27.

1. POSITION. Arm vertical high.

2. MOVEMENT. L. (r.) arm flex., r. (l.) arm half flex., forearm flex. inward.

3. COMMAND. Arm vertical high—Start.

4. DESCRIPTION OF EXERCISE. The wand rests close to the inner side of the l. (r.) arm and nearly parallel to it. The r. (l.) hand is brought across the chest to the armpit.

NOTE. Arm half vertical low or high may be used as in Nos. 30 and 31.

28.

1. POSITION. Half vertical sideward low.

2. MOVEMENT. L. (r.) arm one-quarter abd., r. (l.) arm one-quarter flex. with forearm flex. inward.

3. COMMAND. Half vertical sideward low—Start.

4. DESCRIPTION OF EXERCISE. The wand is held in the lateral plane half way between the horizontal and vertical axis, *i. e.*, it points towards the floor at the side at an angle of forty-five degrees.

29.

1. POSITION. Half vertical sideward high.

2. MOVEMENT. L. (r.) arm three-quarters abd., r. (l.) arm one-quarter flex. with forearm flex. inward.

3. COMMAND. Half vertical sideward high—Start.

4. DESCRIPTION OF EXERCISE. The same general description as in No. 28, except that the wand is pointed up at an angle of forty-five degrees.

30.

1. POSITION. Half vertical forw. low.

2. MOVEMENT. L. (r.) arm one-quarter flex., r. (l.) arm one-quarter flex. with forearm one-quarter flex. inward.

3. COMMAND. Half vertical forw. low—Start.

4. DESCRIPTION OF EXERCISE. The wand is swung in front of the body in the median line at an angle of forty-five degrees, *i. e.*, the wand points toward the floor. The wand slides through the lower hand.

31.

1. POSITION. Half vertical forw. high.

2. MOVEMENT. L. (r.) arm three-quarters flex., r. (l.) arm one-quarter flex. with forearm half flex. inward.

3. COMMAND. Half vertical forw. high—Start.

4. DESCRIPTION OF EXERCISE. The wand is in the antero-posterior plane as in No. 30, but it points upward at an angle of forty-five degrees.

32.

1. POSITION. Half vertical oblique forw. low.

2. MOVEMENT. L. (r.) arm one-quarter flex., r. (l.) arm one-quarter flex. with forearm half flex. inward.

3. COMMAND. Half vertical oblique forw. low—Start.

4. DESCRIPTION OF EXERCISE. The wand is pointed toward the floor at an angle of forty-five degrees, midway between the lateral and antero-posterior planes.

33.

1. POSITION. Half vertical oblique forw. high.

2. MOVEMENT. L. (r.) arm three-quarters flex., r. (l.) arm one-quarter flex., forearm half flex. inward.

3. COMMAND. Half vertical oblique forw. high—Start.

4. DESCRIPTION OF EXERCISE. This exercise is the same as No. 32, except that the wand is pointed up at an angle of forty-five degrees.

34.

1. POSITION. Half vertical oblique backw. low.

2. MOVEMENT. L. (r.) arm one-quarter abd., r. (l.) arm one-quarter flex. with forearm flex. inward, trunk one-quarter rot.

3. COMMAND. Half vertical oblique backw. low —Start.

4. DESCRIPTION OF EXERCISE. The exercise is the same as No. 28, with the exception of the one-quarter trunk rot.

35.

1. POSITION. Half vertical oblique backw. high.

2. MOVEMENT. L. (r.) arm three-quarters abd., r. (l.) arm one-quarter flex. with forearm flex. inward, trunk rot. l. (r.).

3. COMMAND. Half vertical oblique backw. high —Start.

4. DESCRIPTION OF EXERCISE. This exercise is the same as No. 29, with the exception of the trunk rot.

36.

1. POSITION. Half vertical backw. high.

2. MOVEMENT. L. (r.) arm one-quarter backw. flex., r. (l.) arm one-quarter flex. with forearm flex. inward, trunk half rot. l. (r.).

3. COMMAND. Half vertical backw. high—Start.

4. DESCRIPTION OF EXERCISE. The wand is carried directly backward to the antero-posterior plane in the median line.

In positions 28, 30, 32, and 34 the near end of the wand is above the bent arm; in positions 29, 31, 33, 35, and 36 the wand is below the bent arm.

NOTE. The half vertical backward low position may also be taken.

Indian Club Nomenclature.

A. T. Halsted, M. D. and F. N. Seerley, M. D.,

ABBREVIATIONS.

r.	right.	t'g'r.	together.
l.	left.	out	
r. h.	right hand.	in	
l. h.	left hand.	opp.	opposite.
sh.	shoulder.	F.	forward or front.
h.	head.	B.	backward.
f.	face.	C.	large circles.
b'dy.	body.	P.	large pendulums.
in fr.	in front.	s.	small circles.
beh.	behind.	p.	small pendulums.
alt.	alternating.	⌒	heart circles.
rec.	reciprocal.	L.	levels.

NOTE. All circles are named from the direction of the upper half.

Club rests may be used with many of the circles, the club resting on the forearm.

LARGE PENDULUMS.

1. P. l. l. starting l. or r.
2. P. r. h. " l. or r.
3. P. t'g'r " l. or r.
4. P. opp. " out or in.

P.—F. & B.

1. l. h. P. starting F.
2. l. h. P. " B.
3. r. h. P. " F.
4. r. h. P. " B.
5. Both opp. l. h. starting F.
6. Both opp. r. h. starting F.

P. in front and behind body.
P. in both planes.

LEVELS.

1. l. h. P. r. beh. h.—P. ret.
2. l. h. P. r. P. beh. h. ret.
3. l. h. l. beh. h.—P. ret.
4. l. h. l. P. beh. h. ret.
5. r. h. P. r. beh. h. P. ret.
6. r. h. P. r. P. beh. h. ret.
7. r. h. P. l. beh. h.—P. ret.
8. r. h. P. P. beh. h. ret.

15. Both P. r. beh. h.—P. ret.
16. l. h. P. r. beh. h.—r. h. P. r. and rev.
17. l. h. P. r. beh. h.—r. h. P. / l. beh. h. —P.
18. l. h. P. (not possible—r. h. P. all right.)

25. l. l. P. r.—r. h. P. r. beh. h.—rev.
26. Both P. r.—P. beh. h. ret.
27. l. h. P. r. (not possible—l. h. P. all right.)
28. l. h. P. r.—r. h. P. l. beh. h. rec.

35. l. h. P. l. beh. h.—r. h. P. r. beh. h. P.
36. l. h. P. l. (no good.)
37. l. h. P. l. beh. h. r. h. same—P.
38. l. h. P. l. beh. h. r. P. l. and rev.

45. (No good.)
46. l. h. P. l.—r. h. P. r.—beh. h. rec.
47. l. h. P. l.—r. h. P. l. beh. h. and rev.
48. Both P. l.—P. beh. h. rec.

Duplicate this series with P. in fr. f. in place of beh. h.

P. &. p. (Bell c.)

1. l. h. P. r.—p. l. high.
2. l. h. P. l.—p. r. high.
3. r. h. P. r.—p. l. high.
4. r. h. P. l.—p. r. high.

5. l. h. p. r.—r. h. p. r. high—rev.
6. l. h. p. r.—high—r. h. P. r. and rev.
7. r. h. p. l.—l. h. p. l. high and rev.
8. r. h. p. l. high—l. h. P. l. and rev.

Add combinations of P. and p. beh. sh.

HEART CIRCLES.

1. ⌐⌣— l. h.—l.
2. ⌐⌣— l. h.—r.
3. ⌐⌣— l. h. alt. l. and r.
4. ⌐⌣— r. h.—l.
5. ⌐⌣— r. h.—r.
6. ⌐⌣— r. h. alt. l. and r.
7. ⌐⌣— l. h. and r. h. alt. out.
8. ⌐⌣— l. h. and r. h. alt. in.
9. ⌐⌣— l. h. and r. h. alt. l.
10. ⌐⌣— l. h. and r. h. alt. r.
11. ⌐⌣— both t'g'r l.
12. ⌐⌣— both t'g'r r.
13. ⌐⌣— both t'g'r alt. l. and r.
14. ⌐⌣— opp. out.
15. ⌐⌣— opp. in.
16. ⌐⌣— both alt. opp. out and in.

LARGE CIRCLES.

1. C. l. h.—l.
2. C. l. h.—r.
3. C. r. h.—l.
4. C. r. h.—r.
5. C. both t'g'r l.
6. C. both t'g'r r.
7. C. both opp. out.
8. C. both opp. in.
9. C. both rec. out l. leading.
10. C. both rec. in l. leading.

COMBINATIONS P. & C.

1. l. h. C. l. r. h. P. starting l.
2. l. h. C. l. r. h. P. " r.
3. l. h. C. r. r. h. P. " l.
4. l. h. C. r. r. h. P. " r.
5. r. h. C. l. l. h. P. " l.
6. r. h. C. l. l. h. P. " r.
7. r. h. C. r. l. h. P. " l.
8. r. h. C. r. l. h. P. " r.

P. & —⌒—.

1. l. h. —⌒— l. r. h. P. starting l.
2. l. h. —⌒— l. r. h. P. " r.
3. l. h. —⌒— r. r. h. P. " l.
4. l. h. —⌒— r. r. h. P. " r.
5. r. h. —⌒— l. l. h. P. " l.
6. r. h. —⌒— l. l. h. P. " r.
7. r. h. —⌒— r. l. h. P. " l.
8. r. h. —⌒— r. l. h. P. " r.

COMBINATIONS C. & S.

1. l. h. C. s. l.
2. l. h. s. C. l.
3. l. h. C. s. r.
4. l. h. s. C. r.
5. r. h. C. s. l.
6. r. h. s. C. l.
7. r. h. C. s. r.
8. r. h. s. C. r.

15. Both C. s. l. (See 37 and 26.)
16. l. h. C. s. l.—r. h. s C. l. (See 38 and 25.)
17. Both C. s. out. (See 35 and 28.)
18. l. h. C. s. l.—r. h. C. r. (See 36 and 27.)

25. l. h. s. C. l.—r. h. C. s. l. (16. l. C. s.—l. s. C.)
26. Both s. C. l. (15 s. beginning.)
27. l. h. s. C. l.—r. h. C. s. r. (18. l. C. s.—l. s. C.)
28. Both s. C. out. (17. C. s.—s. C.)

35. Both C. s. in (rev. 17).
36. l. h. C. s. r.—r. h. s. C. l. (rev. 18).
37. Both C. s. r.—(rev. 15).
38. l. h. C. s. r.—r. h. s. C. r. (rev. 16).

45. l. h. s. C. r.—r. h. C. s. l. (36. C. s.—s. C.)
46. Both s. C. in. (35. C. s.—s. C.)

Change by having one hand lead.
Gives "windmills," etc.
$15\frac{1}{2}$—$48\frac{1}{2}$.

P. & s.

1. l. h. P. s. l.—r. h. P.
2. l. h. P. s. r.—r. h. P.
3. r. h. P. s.—l. h. P.

4. r. h. P. l.—l. h. P.
5. Both P. opp.—s. opp. out.
6. Both P. opp. s. opp. in.
7. l. h. P.—2 s.—l.—r. h. P. and rev.
8. l. h. P.—2 s.—r.—r. h. P. and rev.
9. r. h. P.—2 s. r. l.—r. h. P. and rev.
10. r. h. P.—2 s.—l. l.—r. h. P. and rev.
11. Both P. opp. 2 s. opp. out.
12. Both P. opp.—2 s. opp. in.

C. & P. beh. head.

1. l. h. C. l.—P. r. beh. h. and rev.
2. l. h. C. r.—P. l. beh. h. and rev.
3. r. h. C. l.—P. r. beh. h. and rev.
4. r. h. C. r.—P. l. beh. h. and rev.
5. (13) Both C. l.—P. r. beh. h. and rev.
6. (14) Both C. opp. out—P. in beh. and rev.
7. (23) Both C. opp. in—P. out beh. and rev.
8. (24) Both C. r.—P. l. beh. h. and rev.

C. l. and P. r. beh. h. = ⑭
C. r.—P. l. beh. h. = ⑬

P. & ⑭.

1. l. h. ⑭ and rev.—r. h. P.
2. r. h. ⑭ and rev.—l. h. P.
3. l. h. alt. ⑭ and P.—r. h. P.
4. r. h. alt. ⑭ and P.—l. h. P.

C. s. l. & P. alt.

1. Both C. s. l. and P. alt.
2. Both C. s. r. and P. alt.
3. Both P. r. and C. s. l. alt. P. r.—C. s. r.
4. Both P. l. and C. s. r. alt. P. l.—C. s. l.
5. Both C. s. out and P. alt.
6. Both C. s. in and P. alt.
7. Both P. out and C. s. in alt. (s. out.)
8. Both P. in and C. s. out alt. (C. s. in.)

One h. P. Other C. s.

1. l. h. C. s. l.—r. h. P. r.
2. l. h. C. s. l.—r. h. P. l.
3 r. h. C. s. l.—l. h. P. r.
4. r. h. C. s. l.—l. h. P. l.
5. l. h. C. s. r.—r. h. P. r.

6. l. h. C. s. r.—r. h. P. l.
7. r. h. C. s. r.—l. h. P. r.
8. r. h. C. s. r.—l. h. P. l.

P. & L.

1. Both P. l. and L. alt.
2. Both P. r. and r. alt.
3. Both P. l. and L. to ct. 8.
4. Both P. r. and L. to ct. 8.
5. Both P. out and L. alt.
6. Both P. in and L. alt.
7. Both 2 P. out and L. to ct. 8.
8. Both 2 P. in and L. to ct. 8.

One h. P. Other L.

1. l. h. P. r.—(1) r. h. l. starting P. r.
2. " (2) " " P. l.
3. " (3) " " P. r. beh. h.
4. " (4) " " P. l. beh. h.

5-8. l. h. P. l. —r. h. (1)—(4).

9-16. r. h. P. —l. h. L. Order as in 1-8.

—⌐— and L. alt.

1. Both —⌐— l. and L. alt.
2. Both —⌐— r. and L. alt.
3. Both 2 —⌐— l. and L. alt. to 8th ct.
4. Both 2 —⌐— r. and L. alt. to 8th ct.
5. Both —⌐— out and L. alt.
6. Both —⌐— in and L. alt.
7. Both 2 —⌐— out and L. alt. to 8th ct.
8. Both 2 —⌐— in and L. alt. to 8th ct.

One h. —⌐—. Other L.

1. l. h. —⌐— l.—r. h. l. starting P. r.
2. l. h. —⌐— l.—r. h. l. " P. l.
3. l. h. —⌐— r.—r. h. l. " P. r.
4. l. h. —⌐— r.—r. h. l. " P. l.
5. r. h. —⌐— l. l. h. L. " P. l.
6. r. h. —⌐— l. l. h. L. " P. r.
7. r. h. —⌐— r. l. h. L. " P. l.
8. r. h. —⌐— r. l. h. L. " P. r.

C. s. & L. alt.

Combine as in 15.

SUMMARY.

P.	Large pend. in front thighs.
P.^{1}	Large pend. beh. body.
P.^{2}	Large pend. in front face.
P.^{3}	Large pend. beh. h. and sh.
P.^{4}	Small pend. beh. sh.
P.^{5}	Small pend. high.
¬⌐	Heart Circles.
L.	Levels.—P. P.
C.	Large circles in lateral plane.
s.	Small circles beh. sh.
s.^{1}	Small circles in front face.
s.^{2}	Small circles in front body.
s.^{3}	Small circles beh. back.
s.^{4}	Small circles both on right side.
s.^{5}	Small circles both on left side.
ws.	Wrist circles in fr. thighs.
ws.^{1}	Wrist circles beh. thighs.
ws.^{2}	Wrist circles high.
ws.^{3}	Wrist circles on right side.
ws.^{4}	Wrist circles on left side.

EXERCISES IN ELEMENTS AND COMBINATIONS.

P, // P. P.^{1} // P. P.^{2} // P. P.^{3} (—L.)
P. P.^{4} // P. P.^{5} (—bell circles.) //

¬⌐ // P. and ¬⌐ alt. // One h. P. other ¬⌐.
L. and a ¬⌐ alt. // One h. L. other ¬⌐. //
¬⌐ and P. P. alt. // One h. P. P. other ¬⌐. //

C. // P. and C. alt. // One h. P. other C.
L. and C. alt. // One h. L. other C. //

s. —s.^{5} separate // P. s. // P. s.^{3} //
P. s.^{4} and P. s.^{5} // P. P.^{1} and s.^{4} and s.^{5} //
P. P.^{3} and s.^{4} and s.^{5} //

C. s. // C. s.^{1} // C. s.^{2} // C. s.^{3} //
C. s.^{4} // C. s.^{5} //
C. s. s.^{1} // C. s. s.^{2} // C. s. s.^{3} //
C. s. s.^{4} // C. s. s.^{5} //

BIBLIOGRAPHY.

GYMNASTIC NOMENCLATURE OF THE YOUNG MEN'S CHRISTIAN ASSOCIATION OF NORTH AMERICA. Revised and edited by George W. Ehler.

GYMNASTIC NOMENCLATURE. Arranged by W. G. Anderson, M. D.

LIGHT GYMNASTICS: A Guide to Systematic Instruction in Physical Training. By William G. Anderson, M. D., F. SS. New York, 1893. Pp. 234. Maynard, Merrill & Co., 43 East Tenth St.

THE SPECIAL KINESIOLOGY OF EDUCATIONAL GYMNASTICS. By Baron Nils Posse, M. G. Boston, 1894. Pp. 382. Lee & Shepard, Publishers, 10 Milk St.

PROGRESSIVE GYMNASTIC DAY'S ORDERS. According to the principles of the Ling System. By Claes J. Enebuske, A. M., Ph. D. New York, Boston, Chicago, 1894. Pp. 84. Silver, Burdett & Co., Publishers.

GYMNASTICS: A Text-book of the German-American System of Gymnastics. By W. A. Stecher. Boston. Pp. 348. Lee & Shepard, Publishers, 10 Milk St.

A SYSTEM OF PHYSICAL CULTURE. By Carl Betz. Kansas City, Mo., 1887. Pp. 126. Kansas City Press.

A SYSTEM OF PHYSICAL CULTURE. By Carl Betz. Kansas City, Mo., 1892. Pp. 129. Kansas City Press.

A SYSTEM OF PHYSICAL CULTURE. By Carl Betz. Kansas City, Mo., 1888. Pp. 130. Kansas City Press.

A SYSTEM OF PHYSICAL CULTURE. By Carl Betz. Chicago. A. Flanagan, Publisher, 262 Wabash Ave. Copyright, 1894. Pp. 150.

A SYSTEM OF PHYSICAL CULTURE. By Carl Betz. Chicago. A. Flanagan, Publisher, 262 Wabash Ave. Copyright, 1895. Pp. 169.

CALISTHENICS AND LIGHT GYMNASTICS. By Alfred M. A. Beale. New York. Excelsior Publishing House, 29 and 31 Beekman St. Copyright, 1888. Pp. 159.

GYMNASTICS IN THE SCHOOL ROOM. By Hans Ballin. Erie, Pa., 1891. Pp. 172. Herald Printing and Publishing Co.

HOME GYMNASTICS. By E. Angerstein, M. D., and G. Eckler. (Translated from German.) Boston and New York, 1889. Pp. 94. Houghton, Mifflin & Co.

PHYSICAL DRILL OF ALL NATIONS. By A. Alexander, F. R., G. S. London. Geo. Philip & Son, 32 Fleet St. Pp. 165.

GYMNASTICS. By Sergeant-major S. G. Noakes. London. Dean & Son, Fleet St. Pp. 99.

CLASSIFIED GYMNASIUM EXERCISES OF SYSTEM OF R. J. ROBERTS. With notes by A. K. Jones. Springfield, Mass., 1890. Pp. 140. The W. F. Adams Co.

MODERN GYMNASTIC EXERCISES (Advanced). By A. Alexander. London, 1890. Pp. 217. Geo. Philip & Son, 32 Fleet St.

MODERN GYMNASTIC EXERCISES (Elementary). By A. Alexander. London, 1887. Pp. 140. Geo. Philip & Son, 32 Fleet St.

A NATURAL METHOD OF PHYSICAL TRAINING. By Edwin Checkley. Brooklyn, N. Y., 1890. Pp. 157. William C. Bryant & Co.

TRAINING IN THEORY AND PRACTICE. By Archibald Maclaren. London, 1874. Pp. 252. MacMillan.

PHYSICAL CULTURE. By Charles Wesley Emerson, M. D., LL. D. Boston. Cashman, Keating & Co. Copyright, 1891. Pp. 154.

PHYSICAL CULTURE. By E. B. Houghton. Toronto, 1888. Pp. 277. Warwick & Sons, 68 and 70 Front St., West.

HANDBOOK OF LIGHT GYMNASTICS. By Lucy B. Hunt. Boston. Lee & Shepard, Publishers. Copyright, 1881. Pp. 31.

CALISTHENICS: or, Elements of Bodily Culture on Pestalozzian Principles. By Henry de Laspée. London. Darton & Co., 58 Holborn Hill. Pp. 171.

THE NEW GYMNASTICS FOR MEN, WOMEN, AND CHILDREN. By Dio Lewis, M. D. Boston, 1862. Pp. 274. Ticknor & Field.

MANUAL OF SWEDISH DRILL. By George L. Melio. New York, 1889. Pp. 51. Excelsior Publishing House.

MUSCULAR EXERCISES FOR HEALTH AND GRACE. By Lydia J. Newcomb. New York, 1893. Pp. 95. Edgar S. Werner.

PHYSICAL CULTURE FOR PUBLIC SCHOOLS. By Hans Rasmussen. Chicago, 1893. Pp. 185. Geo. Sherwood & Co.

A. B. C. OF THE SWEDISH SYSTEM OF EDUCATIONAL GYMNASTICS. By Hartvig Nissen. Philadelphia, 1891. Pp. 102. F. A. Davis, Publisher.

HANDBOOK OF SCHOOL GYMNASTICS OF THE SWEDISH SYSTEM. By Baron Nils Posse, M. G. Boston, 1892. Pp. 192. Lee & Shepard, 10 Milk St.

MANUAL OF PHYSICAL DRILL, U. S. ARMY. By First Lieut. Edmund L. Butts. New York, 1898. Pp. 175. D. Appleton & Co.

GV481 .F53
Calisthenic dictionary; a glossary
Gutman Library
AOW2488
3 2044 028 816 478